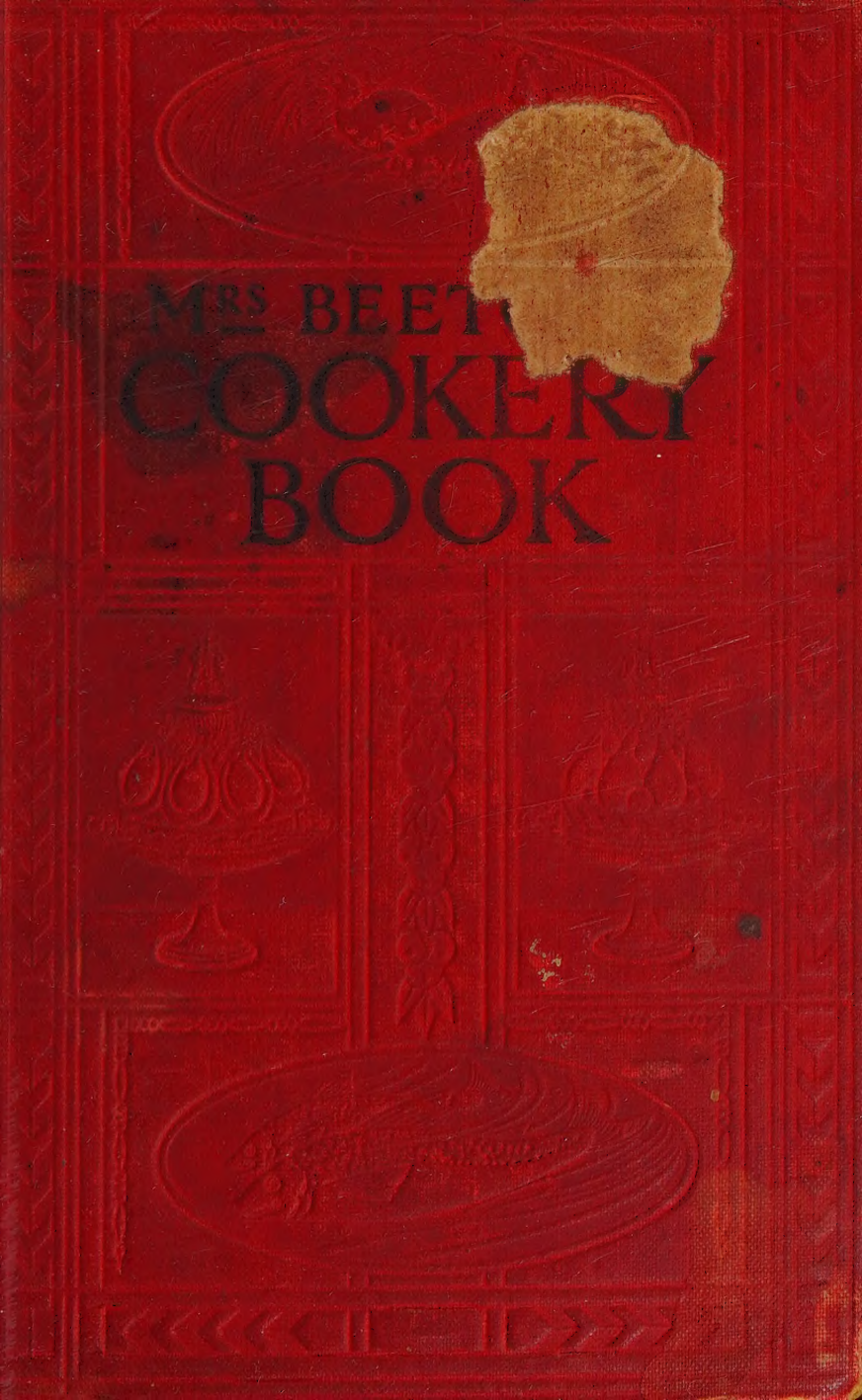
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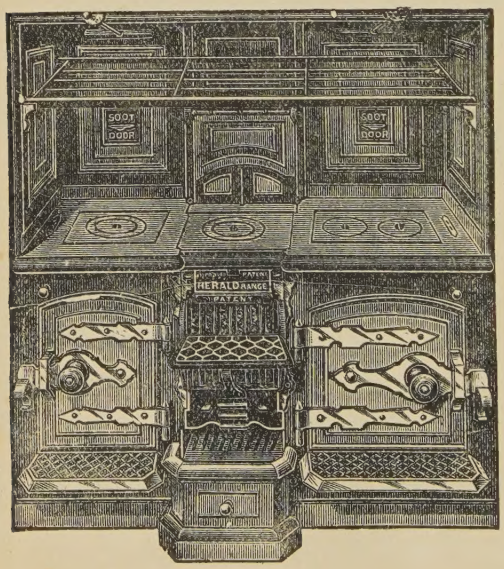

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PREFACE

TO

MRS. BEETON'S COOKERY BOOKS.

MRS. BEETON has been the guide, philosopher, and friend of countless happy homes for more than half a century. Her Cookery Books have appeared amongst the wedding presents of every bride as surely as the proverbial salt cellars, and thousands of grateful letters from all English-speaking countries testify that they have often proved the most useful gifts of all. Mrs. Beeton's competitors have paid her the compliment of imitation and adaptation up to, and sometimes beyond, the limits that the law allows, but her work stands to-day, as of old, without a rival. Press and public alike proclaim its merits, and even the writers of romances of domestic life have recorded how it constantly rescues young housekeepers from perplexity and woe.

Sir Arthur Conan Doyle, in his great study of married life, entitled "A Duet, with an Occasional Chorus," makes his heroine say—"Mrs. Beeton must have been the finest housekeeper in the world. Therefore, Mr. Beeton must have been the happiest and most comfortable man"; and his hero concludes that Mrs. Beeton's book "has more wisdom to the square inch than any work of man"—a wonderful testimonial when one remembers that the book thus praised contains more than 80,000 square inches of closely-packed information.

The great reputation of Mrs. Beeton's Cookery Books was not attained solely by the merits of the first issues. The books have been tried and tested, and not found wanting, by generations of succcessful housewives. Mrs. Beeton brought to their origin such ability, method, and conscientious care that with the exception of corrections demanded by changing prices, processes, and materials, her work stands practically unaltered to the present day. But while

little has been taken away, very much has been added. The changing years have brought extra information, new features and increased size.

In cookery, for example, where the growth of recipes is most noticeable, many causes have contributed to change. Every tendency of modern life, with greater wealth possibly—greater luxury certainly—is towards a tremendous enlargement of everyday cookery. In the present issue is given all information necessary to meet present-day demands in this respect.

Years ago, Mrs. Beeton and her Publishers felt the demand for, and the necessity of producing, Cookery Books that would meet the requirements of smaller households than those in which such a very comprehensive volume as Mrs. BEETON'S HOUSEHOLD MANAGEMENT is a necessity; consequently they published the present volume (MRS. BEETON'S COOKERY BOOK), MRS. BEETON'S FAMILY COOKERY, MRS. BEETON'S EVERY-DAY COOKERY, and MRS. BEETON'S ALL ABOUT COOKERY, confident that the public would find them the best of their kind, and in them a fund of information—more, indeed, than is to be found in any other work on cookery of comparative size and price. That such confidence has been justified is proved by the welcome and popularity that have been accorded these books.

Amongst the principal features of this new issue of MRS. BEETON'S COOKERY BOOK are the following :—

COOKERY.—All the old cookery recipes have been carefully re-tested and prices and details altered wherever necessary. Hundreds of new recipes are given, contributed by some of the most famous chefs and teachers of the art that the world contains.

CARVING.—Our ancestors held a practical knowledge of this art indispensable to the education of every gentleman. We moderns also realise how much a really good carver can do towards diminishing waste, distributing choice portions equally, and maintaining the sightly appearance of a joint. The art has been thoroughly dealt with and very fully illustrated by a unique series of photographs of the methods of the best professional carvers.

TRUSSING.—This, a frequent difficulty in small households, has been carefully explained and illustrated by numerous photographs, showing the methods of the best professionals.

PRICES.—The cost of the recipes and the prices of articles mentioned in this book have been most carefully, minutely, and diligently averaged from lists compiled from the most reliable authorities all

over the kingdom. The task of estimating these prices has been among the most difficult and perplexing problems encountered in revising this work. Some provisions fluctuate greatly in price from day to day, whilst a very great difference indeed exists between the cost of purchases made in town or country, for cash or for credit, by mistress or by maid, selected personally or as allotted to you to suit the convenience of a tradesman. After a most minute consideration of the factors involved, we believe the costs given in our recipes should hardly ever be exceeded, whilst the housewife who gives the trouble needed to buy in the most advantageous manner, will often be able to effect a very considerable saving on the prices quoted.

Vegetarian Cookery, which is so strongly believed in and practised by many thousands, has been carefully dealt with, and recipes for all kinds of dishes are included.

Appearance.—The book has been re-composed throughout from a special fount of new type, of size and clearness to suit modern requirements, printed on the best English paper, and strongly and artistically bound in cloth.

Illustrations.—The book has been copiously illustrated in the most useful manner. Hundreds of photographic reproductions of actual dishes, processes, and materials have been included. The numerous coloured plates have been faithfully reproduced and printed in the best style.

Mrs. Beeton's Cookery Book, as it now stands, contains one-fourth, or nearly 80 pages, more than the previous edition, and is offered at the same price. The publishers hope that this new and enlarged issue will meet with the same hearty welcome that its old and well-tried predecessors have always enjoyed.

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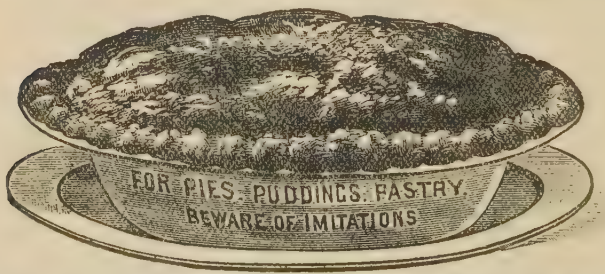

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MRS. BEETON'S COOKERY BOOK

THE HOUSEWIFE

IMPORTANCE OF HER DUTIES.

It is not given to us all to become famous, but in this busy world there are few who, metaphorically speaking, need "waste their sweetness on the desert air," or, in less poetical language, lead a useless life. Specially does this apply to women, for they can always find a vocation.

Far from the humblest or the least dignified one is that of a housewife, in whom, if she faithfully fulfil her duties, will centre all the home interests and cares; while to her principally is given the power of making her house, however humble, the embodiment of our ideal, "Home, sweet Home."

The young housewife should never deem any of her duties ignoble ones. "The daily round, the common task," call for the exercise of virtues that would hold but a poor place in pleasure or gaiety. Unselfishness, industry, patience, perseverance, and thoughtful care for others are most needful qualities for the good housekeeper to possess, for with her rest many responsibilities.

Take a very homely illustration that may serve to show what we mean.

It falls to the lot of the housewife to prepare the dinner. Does she, grudging the time and disliking the task, get this over in the quickest possible manner, caring but little *how* the food is cooked or whether it is likely to please those for whom it is intended, the result is in nine cases out of ten an unsatisfactory meal. Now, an unsatisfactory meal is not only a meal wasted, but it may be one that has done harm to some one. An infinitesimal injury it may be said; but, as bricks go one by one to build a house, and by their good or bad qualities determine its stability or instability, so do the meals of a life-time, one by one, according to their suitability and nourishment, help to build up a sound constitution or the reverse. We shall have to introduce this subject again in our remarks on cookery; so to return to the housekeeper and her duties. One of the first we should think of is early rising, to which, in many households, sufficient importance is not attached. It is allowed to be necessary where there are no servants, or only one, and where the first duties and the first meal of the day depends upon one pair of hands, but where there are several servants it is thought a small matter for the mistress of the house to be late in the morning. Yet this should not be, except in cases of illness or infirmity.

EARLY RISING.

To begin with, few query the truth of "poor Richard's" maxim, "Early to bed and early to rise

makes a man healthy and wealthy and wise," or at any rate will allow that the practice reversed is an injurious one to health; but there are other things to be considered. We are all creatures of example, servants and children being no exception to the rule, and it seldom happens that a late mistress does not make a late household.

There is no work like morning work, particularly household tasks, and those we take up early in the day, when fresh from a night's rest and a good breakfast, are "trifles light as air" in comparison with the same dragged or hurried through later when there is not time for their proper performance.

MANAGEMENT OF SERVANTS.

Where there is a large staff of servants or a number proportionate to the work that is to be done in the house, there should be no need for the mistress to give any assistance; her duty should be only to supervise or see that each domestic thoroughly does his or her own work. Servants who need their mistress at their elbows to see that they do their work are not worth keeping. Let them know exactly what they have to do, and the way and order in which it is to be done, being quite sure that they have *time* for the performance of their daily duties, show them anything they have to learn, then exact the strict carrying out of each day's programme. Do not gloss over faults or carelessness, and never allow one day's work to be left for the next. Be firm, strict, yet kind and thoughtful for your servants, and they should respect you and carry out your wishes. If they will not do so after a fair trial it is better to part with them rather than have any discomfort in the household. A far less easy task is it to manage where there is but one servant to do all the work. We say all the work, but a general servant cannot thoroughly do *all* that is to be done, unless it be in a very small house. The question of how to help in these cases is rather a vexed one. Some say the mistress should do all the cooking, but this we think a mistake, for should she be unavoidably prevented from going into the kitchen the servant may not be able to take her place.

If the servant is inexperienced, her mistress should be able to show her how to do all that is necessary in plain cooking, and let her do that part of it every day, reserving for herself the task of making pastry or any other troublesome or fanciful dish that a general servant would not have time to undertake.

There are many ways in which a mistress can help without being much in the kitchen. Say in the turning out of a room. The hard work may be the sweeping and scrubbing, but the time absorbed is in the preparation of the room for sweeping and the dusting and arranging afterwards. Leaving the harder part to the servant, the mistress might well do the other; also she might lay the cloth and do very many other little tasks that vary in every household, only remembering that her servant should know how to do all that she herself undertakes, in case she may on occasion be prevented from rendering assistance.

TASTE.

Independent of *necessary* household duties, such as keeping a house clean and tidy and having the food properly cooked and served, there are others that no good housewife should neglect. In every household these vary, but there is one rule that may be equally applied to all, that of making the home as attractive and pretty as possible.

One need not be rich to have pretty surroundings, particularly in these times, when there are so many ways of adding to the decoration of our rooms at a small cost. With determination to have her house as elegant as it should be clean, the

young housewife will find that, with her heart in her work, a little labour and a very small outlay of money will achieve wonderful results.

As a good heart and sweet disposition will shine out of and glorify the plainest, homeliest face, so will a few artistic touches, a little labour given to improve and beautify even a humble home, give to it that charm that is found in "beauty less seen than felt."

HOUSEHOLD WORK.

Whether cottage or mansion, whether there are many servants or only one or none, there need be but little difference in the way household duties are performed.

Cleanliness, neatness, and regularity should be the ruling qualities of the good housewife and her assistants, and there may be as much comfort and order in homes where but little labour can be hired as in those where there is a full staff of servants.

A great deal, of course, hinges upon the management; and if this is good there is always time for everything.

Mistresses with no practical knowledge of domestic work are apt to be unreasonable. Let them take anything in hand for the first time and do it thoroughly, and in nine cases out of ten it occupies more time than they thought it would.

Servants are no quicker than we are, and we should know for ourselves exactly how long it takes to do every household task, so that we need not allow laziness, or expect too much from those we employ.

Knowing then the time it takes to scrub a floor, sweep a room, etc., let the mistress reckon up the weekly work of the house and divide it as well as she can, so that all can be got through without hurry or fuss. Should it be found in this reckoning of time against labour that they will not balance, and there is more than her help or helpers can accomplish unaided, let her assign to herself certain duties, and carefully and *regularly* perform them, thus setting a good example. In every day's work, allow a margin of time for delay caused by interruptions or accidents, and remember that servants need, and should have, a little time to call their own.

RESPONSIBILITIES OF SERVANTS.

According to their duties and position in a household so are the responsibilities of servants, but in every situation there *are* responsibilities. A cook has to a great extent the health of the family in her hands. Ill-cooked food is not only wasteful and distasteful, it is positively injurious; pots and pans not properly cleaned have often caused illness, if not death. Want of cleanliness in a kitchen is not only bad for the cook herself, but for those who have to share the work.

A housemaid has a great deal to do with the comfort, if not health, of the household. Fresh, cleanly rooms, well-made beds, dust conspicuous by its absence, are healthful and pleasant.

A nurse has the highest responsibilities of all servants, generally having the care of those who are helpless; and in no part of the house is cleanliness more necessary than in the nursery, for it is absolutely essential to the health of children.

ADVICE FOR THE KITCHEN.

Cleanliness is the most essential ingredient in the art of cooking; a dirty kitchen being a disgrace both to mistress and maid.

Be clean in your person, paying particular attention to the hands, which should always be clean.

Constant washing of the hands and thorough drying not only keeps

them softer and whiter, but prevents them chapping in cold weather.

Do not go about slipshod. Provide yourself with good, well-fitting boots. You will find them less fatiguing in a warm kitchen than loose, untidy slippers.

Provide yourself with at least a dozen good-sized, serviceable cooking-aprons, made with bibs. These will save your gowns, and keep you neat and clean. Have them made large enough round, so as to nearly meet behind.

Never waste or throw away anything that can be turned to account. In warm weather any gravies or soups that are left from the preceding day should be just boiled up, and poured into clean pans. This is particularly necessary where vegetables have been added to the preparation, as it then so soon turns sour. In cooler weather, every other day will be often enough to warm up these things.

Every morning, visit the larder, change dishes and plates when necessary, empty and wipe out the bread-pan, and have all in neatness by the time your mistress comes down to order the dinner. Twice a week the larder should be scrubbed out.

In hot weather keep fish and meat covered with wire screens or muslin to keep off flies. A large porous flower-pot wrapped in a wet cloth and turned over the butter, or some fresh cabbage leaves wrapped round it, will keep it firm.

In cooking, clear as you go ; that is to say, do not allow a host of basins, plates, spoons, and other utensils to accumulate on the dressers and tables whilst you are engaged in preparing the dinner. By a little management and forethought, much confusion may be saved in this way. It is as easy to put a thing in its right place when it is done with, as it is to keep continually moving it, to find room for fresh requisites. For instance, after making a pudding, the flour-tub, rolling-pin, and the pasteboard, should be put away, and any basins, spoons, etc., taken to the scullery, neatly packed up near the sink, to be washed when the proper time arrives. Neatness, order, and method should be observed.

Much time is saved by putting all pots and pans away clean and ready for further use, and all meat and other food should be placed on clean dishes or plates before they are consigned to the larder.

Never let your stock of spices, salt, seasonings, herbs, etc., dwindle down so low that, some day, in the midst of preparing a large dinner, you find yourself minus a very important ingredient, thereby causing delay.

If you live in the country, have vegetables gathered from the garden at an early hour, so that there is ample time to search for caterpillars, etc. These disagreeable additions need never make their appearance on table in cauliflowers or cabbages, if the vegetable in its raw state is allowed to soak in salt and water for an hour or so. Of course, if the vegetables are not brought in till the last moment this precaution cannot be taken.

Be very particular in cleansing all vegetables free from grit. Nothing is so unpleasant, and nothing so easily avoided, if but common care be exercised.

When you have done peeling onions, wash the knife at once, and put it away to be cleaned, and do not use it for anything else until it has been cleaned. Nothing is nastier, or more indicative of a slovenly and untidy cook, than to use an oniony knife in the preparation of any dish where the flavour of the onion is a disagreeable surprise.

Thrusting the knife once or twice into the earth will take away the smell.

After you have washed sauce-

pans, fish-kettle, etc., stand them before the fire for a few minutes, to get thoroughly dry inside, before putting them away. They should then be kept in a dry place, in order that they may escape the deteriorating influence of rust, and thereby be quickly destroyed. Never leave saucepans dirty from one day's use to be cleaned the next; it is slovenly and untidy. Be careful that the lids are kept clean, a dirty cover will often spoil the flavour of a dish.

Empty soups or gravies into a basin as soon as they are ready; never allow them to remain all night in the stock-pot.

In copper utensils, if the tin has worn off, have it immediately replaced.

Pudding-cloths and jelly-bags should be well washed, scalded, and hung up to dry. Let them be perfectly aired before being folded up and put in the drawer.

After washing up the dishes, wash the dish-tubs with a little soap, water and soda, and scrub them often. Wring the dishcloth, after washing this also, and wipe the tubs out. Stand them up to dry after this operation. The sink-brush and sink must not be neglected. Do not throw anything but water down the sink, as the pipe is liable to get choked, thereby causing expense and annoyance to your mistress.

Do not be afraid of hot water in washing up dishes and dirty cooking utensils. As these are essentially greasy, lukewarm water cannot possibly have the effect of cleansing them effectually.

Clean your coppers with turpentine and fine brick-dust, rubbed on with flannel, and polish them with a leather and a little dry brick-dust.

Clean your tins with soap and whiting, rubbed on with a flannel, and polish with a dry leather and powdered whiting. Mind that neither the cloth nor leather is greasy.

Do not scrub the inside of your frying-pans, unless they be of enamelled iron, as, after this operation, any preparation fried is liable to catch or burn to the pan. If the pan has become black inside, rub it with a hard crust of bread, and wash in hot water, mixed with a little soda. It is a good plan to have one regular day in the week upon which every culinary utensil should have a thorough cleaning.

Punctuality is a quality indispensable in a cook; therefore, if the kitchen be not provided with a clock, beg your mistress to purchase one. There can then be no excuse for dinner being half an hour behind time.

If you have a large dinner to prepare, much may be got ready the day before, and many dishes are a great deal better for being thus made early. To soups and gravies this remark is particularly applicable. Ask your mistress for the bill of fare the day before, and see immediately what you can commence upon.

A general servant has of necessity some of the responsibilities and the work of housemaid, parlour-maid, and cook piled upon her shoulders; but it does not always follow that her work is harder than that of any of the other three. Change of work is said to be, to a certain extent, a rest.

ORDER OF WORK.

We give the following routine of the work of an imaginary small house, where there would be one or two servants only to wait upon and serve a family of four or six persons.

Monday.—The home washing.

Tuesday.—Sweeping and cleaning of servants' bedroom or one or two other rooms, and stairs cleaned down to lower floor.

Wednesday.—The sweeping and cleaning of best bedroom, and windows.

Thursday.—Cleaning and turning

out of cupboards, and cleaning of passages and remaining stairs.

Friday.—Sweeping and cleaning of drawing-room, and cleaning of silver.

Saturday.—Sweeping and cleaning of dining-room and kitchen, tins, coppers, etc.

Besides these daily tasks mentioned, must be reckoned the bed-making, the dusting, the cooking and washing-up, and all the hundred and one things that have to be accomplished in the smallest of households, these generally coming in the following order : the shutters and windows must first be opened, then the kitchen range must be brushed and cleaned, the fire lighted and the kettle put on. Next comes the dining-room in daily use to be got ready for breakfast ; the rug must be rolled up, the table cover shaken and folded, the room swept (using tea-leaves if the floor is carpet covered), the grate cleaned and the fire lighted, then the room must be dusted and the cloth laid for breakfast. Next in order comes the hall ; which must be swept, the doorsteps cleaned, and the brass of the door polished. Boots and knives must also be cleaned before the breakfast is cooked. Directly the servants' breakfast is over, beds should be stripped and bedroom windows opened. Then will come the clearing away of the breakfast things and the washing-up ; then the slops should be taken from the bedrooms, the jugs filled, the beds made and the rooms tidied and dusted ; and between the time that this work is finished and the midday meal time, the cooking (if any) can be done, and the cleaning of whatever rooms arranged for on that day accomplished. Where there are two servants, one of whom is a housemaid, she will have to be dressed by the midday meal ; but where there is only a general servant she is not expected to change her gown till after she has washed up and tidied her kitchen.

Then comes the preparation of tea or dinner, the clearing away and washing up of this, and the taking up of hot water for the night.

Thus, very roughly sketched, the day's work has to be done in the ordinary small household. Further on we give some useful recipes for housework.

KITCHEN MAXIMS.

" There is no work like early work."

" A good manager looks ahead."

" Clear as you go : muddle makes more muddle."

" Not to wash plates and dishes soon after using makes work."

" Spare neither soda nor hot water in washing up greasy articles."

" Dirty saucepans filled with hot water begin to clean themselves."

" Wash well a saucepan, but clean a frying-pan with a piece of bread."

" Never put the handles of knives into hot water."

" Thrust an oniony knife into the earth to take away the smell."

" Search for the insects in greens *before* putting them in soak."

" Green vegetables should be boiled fast with the lid off."

" Bread or vegetables left in stock turn it sour."

" Baked meat should start in a hot oven."

" When pastry comes out of the oven, meat may go in."

" Fish boiled, should be done slowly, with a little vinegar in the water."

" A spoonful of vinegar will set a poached egg."

" Water boils when it gallops, oil when it is still."

" A stew boiled is a stew spoiled."

" Take away nearly all fat before making a stew."

" Save all pieces of fat to melt down for frying or pastry."

"Only dry frying can be done without plenty of fat."

"Pour boiling water over frying fat to clarify it, and set it aside for using again."

"Fat used for frying fish should only again be used for that purpose."

"Melt a teaspoonful of fat in a frying-pan before putting in bacon."

"Put spare crusts in the oven to grate for breadcrumbs."

"Make mint sauce two hours before serving it."

"For making fish sauce use some of the water in which the fish has been boiled."

"Pare potatoes as thinly as possible."

"Salt or cold water makes scum to rise."

"Scum as it rises in boiling should be taken off."

"No more water than is needed for gravy should be put in the pan."

"Salt brings out flavours."

"When using ketchup be sparing with salt."

"A handful of salt will clear the fire for broiling."

"Salt meat should go into cold water and be brought slowly to the boil."

"Always save the liquor in which a joint of meat has boiled."

"One egg well beaten is worth two not beaten."

"Boiled puddings should fill the basin."

"Put fresh water in the kettle to boil for tea, cocoa or coffee."

"Make the tea directly the water boils."

"Pour nothing but water down the sink."

"When washing-up is over for the day, wash the tea-cloth; it saves the cloths and cleanses the hands."

WASHING AT HOME.

As in so many households it is necessary that a portion, if not all, the family washing should be done at home, any suggestions and help that can be offered here will no doubt be welcome to our readers.

It is so customary to quote the reasons *against* home washing that we often lose sight of its real advantage, particularly to those who have to study economy.

Perhaps the greatest saving that is effected by doing this branch of domestic labour ourselves is not that of the laundress' bill, but that of the wear and tear of clothes.

Where there are children, who should never be stinted in their supply of clean underclothing, it is easily proved that the little garments carefully washed at home will last twice the time that they would if sent to a laundry, where certainly in nine cases out of ten, chemicals are used to make the linen a good colour and save labour at the expense of the clothing.

Few ordinary laundresses wash flannels as they should be washed, so that when clean and dry they retain their original softness and clearness. In washing white articles, too much soda generally finds its way into the laundry tubs, and if baby clothing be put in soda-water the effect is harmful to the delicate infant skin.

In olden days it was not thought derogatory to the dignity of mistress or daughters of the house to assist with the home washing, and now, in households where only one or two servants are kept, it is most essential that the mistress should consider whether they have really time to do the washing properly if no aid is given, also if they really understand *how* it should be done, for both knowledge and patience are absolutely essential to make washing at home a satisfactory process.

The hardships of washing should belong to the past, with our many labour-saving machines and cleansing soaps of the present day, but

opinions vary considerably about their advantages.

Many argue that machines destroy the linen and crush the buttons, but it depends more upon the washer than the machine whether the former does damage or saves labour.

Where there is not room in kitchen or scullery for a washing machine, or where it is preferred to do the washing by hand, then a small wringer and mangler will be found invaluable. This can be fixed to tub, shelf, or table, and it is wonderful how much time and labour it saves, particularly in the case of heavy articles such as blankets and quilts. We give recipes for the washing of various articles, but a word of advice as to the management of the wash may perhaps be useful.

Washing day should be one on which there is no large amount of household work to be done. If there are several hands to do the work, the boiling, wringing-out, etc., may be done on the same day, but if one pair of hands have to accomplish the task, then it is a good plan to get through with the actual washing on the first day and have the copper lighted early on the following one, so that the linen may be put out to dry betimes, thus leaving the washer free to attend solely to the blueing, rinsing, hanging-out, and bringing-in of the clothes; for if this is steadily attended to much time is saved, as the linen is brought in just when it is ready for folding and no damping is needed except in the case of starched things. Try to arrange that some simple cookery should be all that need be done, or better still, have a stew or soup prepared the day before, or cold meat and salad, according to the season, so that the work is not delayed; and in no case let it extend to the evening, when it is bound to cause discomfort to some member of the family.

WASHING OF WHITE ARTICLES.

The day before these are washed sort them as follows:—Put the fine things, such as cuffs, collars, etc., into a small pan, the ordinary body linen into another, and the rougher and dirtier kind into a third, then soak them thus: Fill the pans with lukewarm water, and rub over the dirty parts with soap, and leave the articles in "soak" till the following day.

Let all small pieces of soap be put in the copper, and having first rinsed out, then washed the clothes, put them in in their order, putting such small things as collars and handkerchiefs into a bag or old pillow case. About twenty minutes' boiling should suffice, when the next panful should be ready to go into the copper, this being replenished with hot water. The clothes taken from the boiler should be well rinsed in either warm or cold water until quite free from soap, and afterwards rinsed in water slightly blued.

The water for washing white clothes should be about 100° Fahr., and for dirty clothes a small quantity of soda should be put into it.

WASHING OF COLOURED AND WOOLLEN ARTICLES.

To wash these make a soap jelly by dissolving and boiling in hot water all small pieces of soap, or some sliced up, this when cold forming a firm jelly, and put enough of this into warm water to make it of a creamy consistency. In this wash the coloured things as quickly as possible, and hang them out directly they are rinsed in warm water softened by the addition of a little ammonia.

The more quickly coloured things are washed and dried the less likely are the colours to run.

In washing flannels and blankets make the water thicker with the soap jelly, and having washed them

well, rinse in several waters and hang out at once.

Blankets and white flannels should not be allowed to hang in a strong sun, as it makes them yellow.

RECIPES FOR HOUSEWORK.

TO CLEAN CARPETS.

Grease spots can be removed from carpets by means of a paste made of boiling water poured on equal quantities of magnesia and fullers earth. The hot paste should be placed upon the grease spots, and brushed off when cold. When carpets are very dirty, they should be taken up, beaten, relaid, securely nailed down, and then cleaned by one of the following methods :—

(*a*) Mix 1 pint of oxgall in 3 gallons of warm water, and apply it to the carpet by means of a firmly stiff scrubbing brush. Divide the preparation into four or more portions, which, when cold and dirty, throw away.

(*b*) Shred 1 lb. of yellow soap into a saucepan containing 1 gallon of boiling water, add ½ lb. of soda, let it stand by the fire until the soap is melted, then stir in 1 oz. of nitric acid. With this preparation, and a clean scrubbing brush, the carpet should be cleaned, a small piece at a time, and then rinsed with warm water and rubbed with clean cloths.

TO CLEAN LINOLEUM AND OIL-CLOTH.

Wash in the ordinary way, using as little soap and as little water as possible ; dry thoroughly, and apply one of the following to brighten and protect the surface.

(*a*) Shred ½ oz. of beeswax into a saucer, cover it with turpentine, let it stand (away from the fire) until melted, then apply it with a clean cloth.

(*b*) Rub the floor-cloth over with thin glue.

(*c*) Rub it over with milk.

TO REMOVE STAIN FROM BOARDS.

To remove ink stains sprinkle liberally with salt, and rub vigorously with half a lemon. Grease stains may be removed by the application of a paste made of equal quantities of pearl-ash and fullers earth moistened with boiling water. The paste should be left on the stains for about 12 hours, and then washed off with soap and water, or lime, sand, and hot water.

TO SCOUR BOARDS.

To one part of lime, add three parts of fine sand, and use instead of soap with a scrubbing brush.

Rinse the boards well with clean water. Boards should never be scoured across, but always up and down with the grain.

TO CLEAN PAINT.

Remove as much dust as possible with a hair dusting brush, then wash the paint lightly with hot water, yellow soap and a sponge. Dry thoroughly with a soft cloth. Varnished or enamelled paint should afterwards be wiped over with a damp wash-leather.

TO CLEAN POLISHED FURNITURE.

Remove the dust from the corners and ornamental parts by means of a soft brush. Wipe carefully with a wash leather wrung out of vinegar and warm water, or, if the furniture is very dirty, wash it with the vinegar and water and dry it with a leather.

FURNITURE POLISH.

(*a*) Shred 3 oz. of beeswax, 1 oz. of white wax, and 1 oz of curd soap, into a pint of boiling water. When cold, stir in 1 pint of turpentine. Bottle, shake frequently, and use when dissolved. Apply with a piece of flannel and polish with a soft duster.

(*b*) Mix equal parts of turpentine, linseed oil, spirits of wine, and vinegar. Keep well corked, and shake before using.

Apply as directed in (*a*).

(*c*) Shred 4 oz. of beeswax, 4 oz. of white wax, and 2 oz. Castile soap into 1 quart of turpentine. Let it stand in a warm place until melted, then use as directed above.

TO CLEAN MARBLE.

Dissolve a large handful of washing soda in a pint of boiling water. Stir in as much whiting as will form a soft paste. Spread this on the marble, let it remain for a day or two, then wash it off with soap and water and polish with a soft cloth.

TO CLEAN TILES.

Discoloured tiles may be cleaned by an application of spirits of salt, but care must be taken to avoid it coming into contact with the hands.

POLISH FOR BRIGHT STOVES.

Mix together 2 tablespoonfuls of turpentine, and 2 tablespoonfuls of sweet oil, and stir in sufficient emery powder to produce a thick cream. Apply with a piece of flannel, rub off quickly with a soft cloth, and polish with emery powder and a dry duster.

TO PRESERVE STEEL FROM RUST.

Make a stiff paste of fresh lime and water, and with a soft brush apply a thick coating over the polished surface to be preserved. By this simple means grates and fire-irons may be kept free from rust for months.

TO CLEAN COPPERS.

Use fine silver sand and vinegar to clean them, wash thoroughly in hot water, and dry and polish with a dry cloth.

TO CLEAN TINS.

Whiting, moistened with water, and water with a little spirit of ammonia is a good cleansing and polishing paste for tins.

TO REMOVE STAINS FROM MAHOGANY.

Rub the stain with linseed oil, let it remain for an hour or two, then pour on a little spirits of wine, and rub dry with a soft cloth.

TO CLEAN PLATE.

Forks and spoons in daily use should be frequently washed in strong soap and water, or water mixed with a little soap powder. Whiting moistened with a little ammonia and water will be found a good polishing agent.

PLATE POWDER.

Mix together 6 oz. of powdered chalk, and 2 oz. of jeweller's rouge. For tarnished plate moisten the powder with spirits of wine; when required for polishing purposes only, mix with cold water. The paste should be applied with a soft rag and allowed to dry before being rubbed or brushed off.

TO MAKE STARCH.

To one quart of boiling water allow two heaped tablespoonfuls of starch. Mix the starch smoothly with cold water, add a few drops of turpentine, and pour boiling water *from the kettle* until the starch is quite clear, stirring all the time. The starch will be less sticky if stirred for a few moments with a wax candle.

COLD WATER STARCH.

To two heaped tablespoonfuls of starch allow a small teaspoonful of borax dissolved in boiling water, and a few drops of turpentine. Mix the starch to a smooth cream with cold water, and add the borax and turpentine.

TO GLAZE LINEN.

After linen has been starched and ironed in the ordinary way, the glossing process is easily applied by means of a small iron rounded at the bottom. The broad rounded end of the iron is pressed firmly upon the linen and moved to and fro rapidly until friction produces the desired gloss.

THE KITCHEN

An ideal kitchen should, of course, be sufficiently large, light, lofty and well ventilated ; with scullery, store room, larder and coal-cellar all easy of access. Unfortunately for those whose lives are spent chiefly in a kitchen, less satisfactory conditions frequently obtain, for architects and builders are apt to give little consideration to the construction of this particular part of the house, The healthiness and comfort of a kitchen depend less on its size and construction, than strict attention to hygienic matters, non-porous walls, non-absorbent floor covering, cleanliness, inlets for fresh air, and outlets for the products of combustion are all important factors, whether the kitchen be small or large, conveniently constructed or otherwise.

Kitchen fittings should include a coal range, with a boiler for heating water, and a gas stove, the size of the latter being adapted to the needs of the household.

CLOSE FIRE RANGES.

As for coal ranges, they are made in many sizes and at varying prices, each maker claiming some special merit for his own particular production. The better kinds have various adjustments to facilitate the disposal and regulation of heat ; and one or two well-known and deservedly popular ranges have a movable fire-box which may be raised when a small fire is required, thereby reducing the consumption of fuel. Some have oven doors packed inside with non-conduction materials, and lined with white porcelain enamel which is easily cleaned, and moreover reflects the light ; while one maker of repute has recently introduced an oven with doors which swing open with the pressure of the foot on the pedal opener, leaving both hands free. Few, if any, of these contrivances are found in the small close stove supplied to artisan dwellings, but the housewife who is privileged to select her own range should make a point of securing some if not all of them.

The proper working of any range or stove depends chiefly on its being kept clean and in good order. When a range is in daily use the flue shutters and dampers should be removed and the passages freed from soot once a week ; but where the ovens are of steel or sheet iron, it is absolutely necessary that all soot should be removed from the flues if the range is to be left out of use for any period longer than two or three days, soot draining moisture and having a strong corrosive action on steel.

HOW TO CLEAN A CLOSE RANGE.

The oven doors should be closed to keep out the soot, and the kitchen door and window closed to prevent soot flying about; all ashes and cinders should be cleared away. The flue shutters should be opened one at a time, and the soot swept down with a brush constructed for the purpose, beginning with the highest flue, located in the breast of the chimney, and sweeping down to the lowest soot door. If the soot be carefully raked from this point into a shovel, little mess will be made. The ovens should be washed

with hot water and soda, the same means being employed when necessary to remove grease from the top or front of the range. The range should be quite dry before applying the blacklead, which will produce a more brilliant polish if moistened with turpentine instead of water. The steel mouldings should be cleaned with paraffin and emery paper, or when badly stained with vinegar and bath brick.

PORTABLE STOVES.

Within recent years this type of stove has been greatly improved. They are made in several sizes, with or without a boiler. When used in England the stove is usually placed in or near the recess provided for a range, and the iron tube passes into the chimney. But the stove may stand in any part of the room altogether independent of its surroundings, except the connecting tube of some eight or ten inches in diameter, which carries off the products of combustion. This tube passes to the outer wall and up the side of the house to a suitable level, otherwise there is a strong down-draught. When possible this arrangement should be avoided, for the tube frequently becomes red-hot, and has often been a source of danger in Colonial settlements where they are largely used.

GAS STOVES.

The cleanliness and convenience of gas cookery are generally admitted advantages, but the question of economy is a debated one. The best results are possibly obtained, from a culinary as well as a pecuniary point of view, when a gas stove of suitable size supplements the coal range. Where much cooking is done a gas stove is almost indispensable; and in small households gas at a reasouable price will be found economical in warm weather when fuel is consumed chiefly in the preparation of food.

Gas stoves may be hired from the local Gas Company, and as there is little difference in charges for varying sizes it is advisable to have a fairly large one, one that will allow a space of some three or four inches between the four sides of the oven and any joint or cake you are likely to cook. The inside and outer top of the stove should be lined with porcelain enamel in order that it may be easily kept clean. It should also be provided with a reversible grill, and a small ring for simmering purposes, otherwise gas will be wasted when only a little heat is required under a stewpan or kettle.

TO CLEAN A GAS STOVE.

The inside of the stove, the inside of the door, and the enamelled top should be wiped over with a damp cloth after use while the stove is warm. At least once a week these parts should be thoroughly cleaned with hot water, soap, and a little bath brick or other fine gritty substance. Once a month all the bars and movable parts should be washed, even boiled, in strong soda and water, and thoroughly dried before being replaced. Thorough cleanliness lessens the consumption of gas by giving a stronger, clearer flame. It also prevents that unpleasant and needless gassy smell which so frequently attends the use of a gas stove.

OIL STOVES.

A well-constructed and properly managed oil stove will cook food as well as any other stove of corresponding capacity. Within recent years the construction of stoves of this description has been considerably improved, and they answer admirably in places not within the reach of gas. Cooking on an oil stove may be done 20 per cent. cheaper than by any other means, but unless the wicks are kept well-trimmed and the stove otherwise

properly managed, they emit a disagreeable smell and smoke.

The wick of the oil stove should fit evenly, and just fill the space provided for it, leaving neither a gap at the side nor undue pressure to force it into place. Wicks should never be cut as it makes them burn unevenly. The wick after being turned up until level with the encasing sides, should have its edges smoothed with a used match or a piece of paper. The burners should be washed once a week, and the receptacle kept filled with oil, being careful to remove any soot or grit.

COOKING BY ELECTRICITY.

The heat for this purpose is obtained from the ordinary electric lighting means, the current being made to pass through wires coiled on iron or steel plates, and embedded in enamel, having the same ratio of expansion and contraction as the metal. In this way the plates of ovens, hot-plate and grills can be heated. Kettles and stewpans have individual wires coiled in the space provided by a double bottom. The system has much to recommend it, but at present it is somewhat costly.

KITCHEN UTENSILS.

To supply lists of these to meet the requirements of everybody would be almost impossible. There are so many things to be taken into consideration in furnishing a kitchen.

To begin with our own personal requirements for cookery, which will depend upon the way in which we live, whether plainly or the reverse, the number there are to be cooked for, the number of hands to do the cooking and to keep the utensils clean and in order, and the size and scope of the kitchen itself.

All these things should be remembered ere we start buying, and all the articles that are absolutely *necessary* should be bought first. As other needs make themselves felt, we may endeavour to supply them, but it is no use crowding into a kitchen a host of things that *may* be required, however useful they may appear to be. There are two golden rules, however, in buying culinary articles that should not be forgotten, namely, that they should be of good quality, and that there should be sufficient to prevent it being necessary to use any for purposes for which they were not intended. The truest economy is studied by observing these rules, for by so doing our *batterie de cuisine* will be long before it needs renewing.

We give later a list of the articles that would probably be needed in the kitchen of a house of moderate size, where good but not elaborate cooking was the order of the day ; and here we may particularize a few utensils and requisites that are indispensable to the cook. One of the first needed and most important is a good set of scales and weights, for though an experienced cook soon learns to guess pretty accurately at quantities there are many things that *must* be weighed, and the meat as it comes from the butcher should always be put in the scale.

Measures, too, should be at hand, at any rate pint and half-pint ones, with three spoons or small measures that can be relied upon for accuracy, to mete out severally a tea, dessert, and tablespoonful.

UTENSILS FOR BOILING AND STEWING.

A stock-pot should be found in every kitchen, for by its use every scrap of bone, gristle, or trimming that in its absence would probably be thrown away, will be made to yield stock or gravy, and obviate any necessity for soup meat.

The pot should be boiled up very slowly, cold water being put with

the bones and trimmings, if may then simmer the day through; when the stock is cold it should be skimmed free of fat.

In hot weather the stock should be boiled up every day, and unless there is a chance of its being used very quickly it is better to omit the vegetables. Very greasy bones, such as those from salt pork, are better boiled separately to serve for pea, lentil, or other vegetable soups.

Draw off the stock at the end of the day, and when the pot has been washed and dried, put back only such scraps of bone, etc., as those from which the virtue has not been sufficiently extracted.

A good boiling-pot of sufficient size to boil a ham or leg of mutton is a most useful utensil in a household where there are many to cook for, as it can be not only used for the purposes named, but for boiling large puddings or making soup.

A fish kettle should be considered a necessary utensil, for without it and a strainer, by which the fish may be lifted out and drained when ready, none can be properly boiled.

A porridge pot will be found very useful, and it can be used with advantage for custard.

A braising pan is rather an expensive article, and is one not absolutely indispensable, but is superior to a stewpan for extracting the finest gravy from the meat, which cooked by it is most delicious. The lid of it is hollow, to allow of its being filled with hot cinders.

A stewpan is always required for steak, haricot, etc., as it is almost impossible to make such dishes properly in a saucepan.

A good supply of saucepans of various sizes saves much time in cooking a large dinner, and there should be always two fitted with steamers to save room upon the stove, steaming being one of the best, easiest, and most approved processes of cooking.

It is well to have one or two moulds for boiled puddings, and a copper pan if jam be made at home.

UTENSILS FOR ROASTING AND BAKING.

Perhaps the best method for roasting meat is to use a bottle-jack and screen, and hang the meat from the former in front of the fire; but this is but seldom found in any but very large kitchens, most persons baking or roasting their meat in the oven, by which much saving of fuel or gas is effected. Baking tins should therefore be provided, and two square ones of different sizes and one oval one will be, as a rule, sufficient.

A double dripping-pan with well is excellent for baking, and meat cooked in it does not smell so strongly during the baking.

For baking puddings and pies, besides several white earthenware dishes it is well to have one or two enamel tin ones, particularly for use in nursery and kitchen.

For baking cakes the ordinary cake tins should be provided, but it is easier to turn one out from a cake ring such as bakers and confectioners use. This is placed on a plain baking sheet covered with buttered paper, and the mixture poured in. For an open tart a tin one with fluted edge, is best and for tartlets a sheet with hollows for the tartlets or patties obviates the perpetual shifting that small separate patty-tins require. Some small pans, however, should find a place, also a few small fancy tins for baking little puddings and cakes.

An open mould in which the crust for a game or other raised pie can be moulded is very useful.

UTENSILS FOR GRILLING, BOILING, OR FRYING.

A revolving gridiron is a very convenient one, for as the part on which the meat rests turns round,

KITCHEN UTENSILS.

1. Chafing Dish Pan. 2. Chafing Dish Stand and Lamp. 3. Double Boiler of Chafing Dish. 4. Jelly Mould. 5. Meat Slice. 6. Whisk. 7. Chafing Dish complete. 8. Colander. 9. Dutch Oven. 10. Spice Box.

KITCHEN UTENSILS.

1. Bottle Roasting Jack. 2. Mincing Knife, or Suet Chopper. 3. Meat Chopper. 4. Frying Pans. 5. Wire Meat Cover. 6. Pestle and Mortar. 7. Food Chopper. 8. Double Baking Pan, with Meat Stand. 9. Drip Pan, with Basting Ladle. 10. Bottle Jack Roasting Screen.

KITCHEN UTENSILS.

Tin, Iron, and Copper Ware.

Bacon dishes, 10 in., 1*s.* 9*d.*; 12 in. 2*s.* 3*d.* Hot-water: 8*s.* 9*d.* to 18*s.* 6*d.*
Bain Marie (copper), with utensils, £3 3*s.*
Baking sheets (tin), from 6*d.* each.
Basting ladles, 1*s.* and 1*s.* 3*d.*
Boiling pot, from 2*s.* 3*d.*
,, ,, (wrought iron), 7*s.* 6*d* to 15*s.* 6*d.*
Braising pan (steel), 28*s.* to 31*s.*
,, ,, (copper), 48*s.* to 58*s.* 6*d.*
Brass bottle-jacks, 4*s.* 6*d.*, 6*s.* 3*d.*, 7*s.* 3*d.*
Bread graters, 5*d.*, 7*d.*
Bread pan (jap. steel), from 5*s.* 6*d.*
Broilers, from 2*s.* to 3*s.* 6*d.*
Cake tins, 3½*d.* to 1*s.*
Candlesticks (tin), 6½*d.* to 1*s.* 3*d.*
Cinder shovels, 1*s.* to 2*s.*
Coal hammers (iron), 6½*d.*
,, ,, (steel), 1*s.* 4½*d.*
,, scuttles, 2*s.* to 4*s.*
,, shovels, 9½*d.*, 1*s.* 4½*d.*, 2*s.*
Coffee mills, 3*s.*, 3*s.* 6*d.*
,, pot (tin), 1*s.* to 2*s.* 6*d.*
Colanders, 7*d.*, 1*s.* 6*d.*, 2*s.* 9*d.*
Cook's forks, 1*s.* to 1*s.* 9*d.*
,, ,, (for beef), 1*s.* 6*d.*
,, knives, from 1*s.* 6*d.* to 2*s* 6*d.*
Corkscrew, 6*d.* to 1*s.*
Dish covers (tin), set of 3—10 in., 14 in., 18 in., 14*s.*
Dish covers (block tin, plated handles), £1 1*s.*
Dish covers (wire), from 9*d.* each.
Dripping-pan and stand, from 4*s.* 6*d.*
Dustpan, 6*d.* to 1*s.* 6*d.*
Egg beaters, 1*s.* 3*d.* each.
,, poachers, 3¾*d.* to 7¾*d.*
,, slices, 6*d.* and 9*d.*
,, whisks, 4½*d.* to 1*s.*
Fish fryer and drainer, from 6*s.*
,, kettle (tin), 2*s.* 10*d.* to 6*s.*
,, slices, 9*d.* and 1*s.*
Flat irons, from 5*d.* to 1*s.* 3*d.* each.
,, iron stands, 3*d.* each.
Flour bins, 2*s.* 6*d.* to 5*s.* 6*d.*
,, dredger, 5½d. to 1*s.*
Forks (nickel silver), from 7*d.* each.
Freezing machines, 15*s.*
Frying baskets, from 10½*d.* to 1*s.* 6*d.*
,, pans, from 6½*d.*
Funnels, 2*d.* and 4*d.* each.
Game skewers, 5½*d.*, the set.
Gravy strainers, 9*d.* to 1*s.* 5*d.*
Gridiron (double, hanging), 1*s.* to 2*s.* 6*d.*
,, (fluted), from 1*s.*
,, (revolving), 1*s.* 6½*d.*, 1*s.* 11½*d.*, 2*s.* 6*d.* the set.
Hand bowls, from 1*s.*
Hot-water cans, 1*s.* 6*d.*, 2*s.* 6*d.*
,, dishes, from 2*s.* 9*d.*
House pails, 1*s.*, 1*s.* 3*d.*
Ice cream freezers, from 10*s.* 6*d.*
Kettles (tin), from 1*s.* to 3*s.*
,, (wrought iron), from 2*s.* 8*d.*
Knife cleaners, from 12*s.* 9*d.*
,, trays, from 1*s.* 6*d.*
Knives (kitchen), from 6*s.* dozen.
Larding needles, 1*s.* 6*d.* the set.
Mackerel saucepan, 2*s.* to 3*s.* 6*d.*
Meat chopper, from 1*s.* 2*d.*
,, graters, 9*d.*
,, screen (block tin), from 11*s.* 9*d.*
,, ,, (wooden, lined), 49*s.*
,, saw, from 1*s.* 6½*d.*
Mincing knives, 10½*d.*, 1*s.*
,, machines, 4*s.* 6*d.* to 21*s.*
Moulds (copper), from 4*s.* 6*d.* to 8*s.* each.
,, (tin), from 10*d.* to 1*s.* 9*d.*
Nutmeg graters, 1*d.* and 2*d.* each.
Omelette pans (steel), 1*s.* 2*d.*, 1*s.* 9*d.*
,, ,, (copper), from 3*s.* 9*d.*
Oyster knives, from 6*d.*
Paste cutters, 1*s.* 6*d.* the set.
,, jaggers, 9*d.* the set.
Pastry slabs (marble), 6*s.* to 10*s.* 6*d.*
Patty pans, per doz., 4*d.* to 1*s.*
Pepper box (tin), 3½*d.* to 6*d.*
Pestle and mortars, marble, from 5*s.* 6*d.*
,, ,, compo, from 1*s.* 4*d.* to 3*s.* 3*d.*
Plates (hot-water), from 1*s.* 3½*d.*
Preserving pans (copper), from 13*s.*
Pudding moulds, 2*s.*, 2*s.* 6*d.* each.
Refrigerators, from 43*s.* 6*d.*
Root knives, 1*s.* each.
Salamanders (iron), from 3*s.* 6*d.*
Salt cellars, 1*s.* 2*d.* each.
Saucepans (enamelled), from 1*s.* 4*d.*
,, (iron), from 1*s.* 3*d.* to 6*s.*

Saucepans with steamers, from 3s.
,, (wrought iron), 3s. 6d.
,, (wrought iron), with steamers, 7s. and 9s. 9d.
,, (porridge), 3s. 6d.
,, sanitary, seamless, steel (patent), from 2s. 2d.
Sauté-pans (steel), from 2s. 4d.
Stewpans (copper), from 5s. 3d.
,, (iron), from 1s. 3d.
,, enamelled, from 1s.
Skewers, 8½d. and 10d. per set.
Slop-pails (galvanized), 3s. 3d.; (japanned), 3s. 6d., 4s.
Spice boxes, from 2s.
Spoons (iron), from 3d. to 9d. each.
,, (nickel-silver), table, 10d.
,, ,, ,, dessert, 7½d.
,, ,, ,, tea, 4d. each.
Steak beaters, from 8d.
,, tongs, 1s. 6½d.
Stock-pots (copper), from 20s.; (wrought iron), 13s. 3d.
Sugar canisters, from 8d.
,, dredger, 9d.
,, nippers, 1s. 3d.
Tart tins, from 1½d.
Tea canisters, 10d., 1s.
Teapots (tin), 1s. 6d.
,, (metal), 2s. 6d.
Tea trays, from 1s.
Tin openers, 9d. to 1s. each.
Toasting forks (wire), 5½d.
Turbot kettle (block tin), from 3s. 6d. to 10s. 9d.
Vegetable cutters, 1s. 6d. the set.
,, scoops, 1s. each.
Washing-up pans (zinc), 1s. 6d.
Water cans, 2s. 6d. to 4s.
Weighing machines, from 7s. 6d.
Spring balance to weigh 14 lbs. 5s.
Yorkshire pudding tins, 5½d. to 1s.

TURNERY, ETC.

Butter pats, 3d. to 10d. per pair.
,, prints, 3d. to 1s.
Bellows, 9d. to 5s.
Bowls, 3d. to 3s.
Chopping boards, 1s. to 3s.
Cinder sifters, 1s. 6d., 5s. 6d.
Clothes horses, 1s. to 5s.
Knife boards (India rubber), 6d.
,, ,, (leather), 2s. 3d. to 6s.
Lemon squeezers, 5d. to 1s.
Pails, 10½d. to 2s. 6d.
Pastry boards, 1s. 9d. to 3s. 6d.
Potato mashers, 4d.
Peg (clothes), 9d. per gross.
Rolling pins, from 3d. to 8d.
Sieves, from 4½d. to 8d.
Spoons (wooden), from 1d. to 4½d.
Steps (house), 2s. 6d. to 8s. 6d.
Tubs (flour), 1s. to 4s.
Towel rollers, 8d. to 1s.
Washleathers, from 5d. to 1s. 6d.

BROOMS AND BRUSHES.

Brooms.

Bass brooms, 9½d. to 1s. 6½d.
Soft hair sweeping brooms, 1s. 6d.
Stiff hair sweeping brooms, 2s. 6d.

Brushes.

Banister brush, 1s. 0½d. to 6s.
,, ,, (double), 2s. 6d.
Blacklead brushes, 2d. and 6d.
Plate brushes, 5d. to 1s. 6d.
Saucepan brushes, 4d.
Scrubbing brushes (cocoa), 7½d., 9½d.
,, ,, (hair), 1s., 2s. 6d.
Sink brushes, 4d., 6d.
Stove brushes (bent), 7½d. to 2s.
,, ,, (double winged), 10d.
,, ,, (sets), 2s., 4s. 6d.
Sweep's brushes, 4½d. to 1s.

CROCKERY AND GLASS.

Butter dishes, from 4½d. to 1s. 6d.
Dishes (fireproof), 6d. to 2s.
,, (kitchen) 6d. to 1s. 6d. each.
Egg poachers (fireproof), 4d. to 8d.
Jelly moulds, 1s. to 2s.
Jugs for kitchen use, 1s. per set.
,, (milk), from 4½d. to 1s.
Kitchen plates, from 2s. to 5s. doz.
Milk bowls, with spouts, 3d. to 1s.
,, saucepans (fireproof), 6d. to 1s.
Pastry bowls, 4d. to 1s. 3d.
Pie dishes, 2d. to 10d.
Pudding basins, from 2d. to 1s.
Ramakin cases (fireproof), 4d. and 6d.
Salt cellars, from 1d. each.
Shells for scallops (fireproof), 4d. and 6d.
Soufflé dishes (fireproof), 11d. to 1s. 6d.
Sugar basins, 6d. to 1s.
Tumblers for kitchen use, from 2s. doz.

It is worth remembering that breakages of earthenware will occur in all households; and that to buy sets of tableware that cannot be matched is to run unnecessary risk of vexation and expense. Unless economy is no object, those should be purchased that can be matched without much trouble. A breakage is then of less consequence as the articles can be replaced.

KITCHEN CLOTHS, ETC.

Cooks' cloths (shambro), 7¾*d.*, 10¾*d.*
Dish cloths (knitted, white) 3*s.* 6*d.* doz.
,, ,, (knitted, brown) 4*s.* 6*d.* doz.
Dresser cloths, from 9*d.* per yard.
Dusters, blue and white checked, 1*s.* 6*d.* to 10*s.* per doz.
Dusters, twill, 2*s.* 11*d.* to 10*s.* per doz.
Glass cloths (checked), 3*d.* to 10*d.*
,, (plain), 3¾*d.* to 10¾*d.*
Hearth cloths, from 6¾*d.* per yard.
House cloths, 32 in. wide, 4¾*d.*, 8¾*d.*
,, flannel, 3¾*d.* to 8¾*d.* per yard.
Kitchen cloths, 27 in. wide, 5¾*d.*; 36 in. wide, 8¾*d.*
Knife cloths, 2*s.* 6*d.* to 4*s.* 6*d.* per doz.
Pudding cloths, 3¾*d.* to 8¾*d.* per yard.
Roller towels (Barnsley), 3¾*d.* to 8¾*d.* per yard.
Roller towels (crash), 2¾*d.* to 6*d.* per yard.
Table cloths (bleached), 1½ yards square, 1*s.* to 4*s.*; 1¾ yards square, 2*s.* 6*d.* to 4*s.* 11*d.*
Table cloths (unbleached), 1½ yards square, 1*s.* 6*d.* to 2*s.* 6*d.*; 1¾ yards square, 2*s.* to 3*s.* 6*d.*
Tea cloths (Barnsley) 4¾*d.* to 1*s.* 0½*d.* per yard.
Tea cloths (linen), 3¾*d.* to 10¾*d.* per yard.

The following price list includes all that would be needed by persons of small income starting housekeeping:—

FURNITURE FOR SMALL KITCHEN.

	s.	*d.*
3 chairs (Windsor), 2*s.* 6*d.* each	7	6
1 clock	2	6
1 coal-scuttle	2	6
Fender	2	6
Set fireirons	2	0
Hearthrug	2	6
Linoleum at 1*s.* 6*d.* square yard, about 9 yards	14	6
Table with drawer	15	0
	£2	9	0

BROOMS, BRUSHES, ETC.

	s.	*d.*
Broom (bass)	0	9½
,, hair, soft	2	6
,, hair, stiff	3	0
Brushes	1	0½
1 cook's brush	0	6
1 dusting brush	0	9
1 plate brush	0	9
1 stair brush (double, soft and hard)	2	6
1 scrubbing brush (cocoa)	0	9
1 sink brush	0	4
2 stove brushes	1	6
1 stove brush for black lead	0	3
Clothes horse	1	0
1 slop-pail	3	0
2 pails for house	2	0
2 washleathers	1	3
	£1	1	11

KITCHEN CLOTHS, ETC.

	s.	*d.*
2 dish cloths, 3½*d.* each	0	7
2 dresser cloths, 1*s.* each	2	0
4 dusters, 2*d.* each	0	8
6 glass cloths	2	0
2 hearth cloths	0	7
2 house flannels	0	8
6 kitchen cloths	3	0
2 knife cloths	0	6
2 pudding cloths	0	6
2 roller towels	1	6
2 table cloths	3	0
6 tea cloths	1	9
	16	9

KITCHEN UTENSILS.

	s.	d.
2 baking tins for cakes, 4½*d.*, 6½*d.*	0	11
2 baking tins for meat, 5½*d.* each	0	11
2 baking tins for tarts, 3½*d.*, 5½*d.*	0	9
1 baking sheet	0	6
1 bread grater	0	5
1 broiler	2	0
Butter dish (glass)	0	6
Chopping board	1	0
Coffee mill	3	0
,, pot	1	0
Colander	0	11
Cook's knife and fork	2	0
Corkscrew	0	6
1 dish (fireproof)	0	9
Dish tub	1	0
3 dishes for kitchen use	2	0
Dutch oven	0	9
Egg whisk	0	6
,, poacher	0	3
,, slice	0	6
Fish kettle	3	6
,, slice	0	9
Flour dredger	0	5½
,, tub	2	0
3 forks for kitchen use	1	6
Frying basket	0	10½
,, pan	0	10½
Funnel	0	2
Gravy strainer	0	9
Gridiron (wire)	0	9
3 jugs for kitchen use	1	0
1 jug for milk	0	6
1 kettle (iron)	3	0
1 kettle (small tin)	0	9
Knife board	0	9
,, sharpener	0	9
,, tray	1	6
3 knives for kitchen use	1	6
Lemon squeezer	0	5
Meat chopper	1	2
,, saw	1	6½
Mincer	3	6
2 moulds for puddings or jellies	1	0
Mustard pot (glass)	0	3
Carried forward	£2	10	5

	£	s.	d.
Brought forward	2	10	5
Nutmeg grater	0	1	
Omelette pan	1	2	
Oyster knife	0	3	
Paste jagger	0	6	
Pastry board	1	9	
2 pastry bowls, 6*d.* and 1*s.*	1	6	
6 patty pans	0	6	
Pepper pot	0	2	
3 pie dishes, 4*d.*, 6*d.*, 8*d.*	1	6	
Pint and half-pint measures (glasses)	1	0	
Plate basket	1	9	
6 plates for kitchen use	2	0	
Potato masher	0	4	
3 pudding basins	0	10	
Rolling pin	0	6	
Salt cellar	0	2	
3 saucepans (iron), 1*s.* 3*d.*, 1*s.* 9*d.*, 2*s.* 3*d.*	5	3	
1 saucepan (enamel)	2	0	
Set of skewers	0	6	
Two sieves, 4½*d.*, 7½*d.*	1	0	
2 spoons (dessert)	1	0	
2 ,, (table)	1	3	
2 ,, (tea)	0	9	
2 ,, (metal)	0	9	
2 ,, (wooden), 1*d.*, 2*d.*	0	3	
Steak tong	1	3	
1 stewpan	3	0	
Steamer to fit saucepan	2	0	
Stock-pot	10	0	
Sugar basin (glass)	0	6	
,, dredger	0	6	
Teapot (earthenware)	0	9	
Tin opener	0	6	
Toasting fork (wire)	0	3	
2 tumblers	0	4	
2 wash-up pans (zinc) 1*s.* and 2*s.*	3	0	
Weights and scales	7	0	
	£5	5	3

	£	s.	d.
Furniture	2	9	0
Brooms, brushes, etc.	1	1	11
Kitchen cloths, etc.	0	16	9
Kitchen utensils	5	5	3
	£9	12	11

MARKETING

THRIFTY housewives with only small means at their disposal should endeavour to do their own marketing. Although it may be both troublesome and inconvenient to do so, the manifold advantages secured should afford ample compensation. The price of many perishable articles of food is largely influenced by the daily supply, and those who go to the store or shop are more likely to have a fall in the market prices brought to their notice. To obtain the full benefit of this, buyers should understand both the monetary and nutritive value of provisions. In purchasing perishable food, or something one dislikes a repetition of, the temptation to buy too liberally because it happens to be unusually cheap must be resisted. Variety is an important factor in the daily fare: and with an ever increasing supply of fresh and preserved vegetables and fruit, and aided by a collection of reliable recipes such as the following pages afford, monotony may be easily avoided.

BEEF.

The lean part of beef should be firm and elastic to the touch, free from moisture and unpleasant odour, and when recently killed, bright red in colour, but the colour gradually deepens until parts exposed to the air become almost mahogany coloured. The fat should be fairly firm and cream coloured. Joints off a fairly fat small animal with short small rib bones will be found economical and of good quality. A certain amount of fat is an indication of excellence. Long or flat joints have a large proportion of bone, and beef of that class is often of inferior quality, although leanness is not necessarily an indication of disease, but is more often of insufficient or improper feeding.

HIND-QUARTER

Contains:

Leg of beef (for stewing); round (prime boiling piece); aitch-bone (boiling or roasting); rump (finest part for steaks); thick flank (prime boiling piece); thin flank (boiling); sirloin (roasting).

FORE-QUARTER.

Fore-rib (prime roasting piece); middle-ribs (economical joint for roasting); brisket (for salting and boiling); chuck and leg-of-mutton piece (used for second quality steaks); clod and sticking (used for soups, gravies, stocks, pies, and trimmings for sausages); shin; cheek.

The following is a classification of the qualities of meat, according to the several joints of beef, when cut up in the London manner:—

First-class—includes the sirloin, with the kidney suet, the rump-steak piece, the fore-rib.

Second-class—the buttock, the thick flank, the middle-rib.

Third-class—the aitch-bone, the thin flank, the chuck, the leg-of-mutton piece, the brisket.

Fourth-class—the neck, clod, and sticking-piece.

Fifth-class—the hock, the shin.

MUTTON.

The fat of mutton is firmer and whiter than that of beef. The lean is bright red in colour, and should have a fine grain. Certain

varieties of large sheep produce the best mutton, but generally speaking joints off a small plump fairly lean animal, will be found most economical. The loin or neck of a long, thin-backed sheep has a very small proportion of lean meat, and a large amount of bone.

HIND-QUARTER

is divided into the leg: the loin—two loins, when cut in one piece, being called the saddle. The

FORE-QUARTER

is divided into the shoulder: the neck, the upper part being called for distinction, the scrag, which is generally afterwards separated from the lower and better joint: the breast. The haunch of mutton comprises all the leg, and so much of the loin short of the ribs or lap.

LAMB.

In lamb the flesh should be of a faintish white in colour, smooth and firm to the touch; the fat white and light in appearance. It is cut up into rib, breast, shoulder, loin, leg, fore-quarter.

PORK.

In the best pork the meat is fine and close grained, without a superabundance of fat. The fat itself is firm, solid, and of a pinkish white.

In a sucking pig the tongue should be clean, the flesh pinkish in hue, and the skin clear and fresh.

The side is divided with nine ribs to the fore-quarter; and the following is an enumeration of the joints in the two respective quarters:—

HIND-QUARTER.

Hind-loin, leg, belly or spring.

FORE-QUARTER.

Hand, fore-loin.

HAM AND BACON.

It is difficult to give special directions for the selection of ham and bacon. As a general rule, moderate sized hams are best; when very large they are commonly too fat. The ordinary method of testing the sweetness of a ham is to run a sharp knife or skewer into it close to the bone, and if when withdrawn it has an agreeable odour, the ham is good; if the blade has a greasy appearance and an offensive smell, the ham is bad. In small families it is sometimes convenient to purchase half a ham instead of a whole one; when thus divided it is easy to judge of the quality. The lean should be firm and bright, the fat white, and the smell agreeable. As the upper half of a divided ham will of course contain the most fat and the least bone, and the knuckle end less fat and more bone, the purchaser will select the one or the other according to taste.

Large bacon is almost always coarse, and lean bacon is seldom good. When it is intended to be eaten with lean meat it can scarcely be too fat; when boiled as a separate dish, a fair amount of lean is required. As in ham, the fat should be white, the lean bright red and firm, but not hard.

VEAL.

Veal must be fresh killed to be good. The lean should be white, smooth, and juicy; the fat, white, firm, and abundant. Stale veal is moist and clammy, the joints are flabby, and there is a faint musty smell.

HIND-QUARTER.

Hind knuckle or hock, fillet, loin chump end, loin, best end.

FORE-QUARTER.

Breast, neck, shoulder, fore-knuckle.

VENISON.

In venison the fat should be clear, bright, and thick, and the cleft of the haunch smooth and close.

GAME AND POULTRY.

In selecting a TURKEY see that the legs are smooth and black, its spurs short, breast full, and neck long. The eyes should be bright and full, and the feet supple. If

the eyes are sunk and the feet dry the bird is stale.

In a young FOWL the spurs are short and the legs smooth. When fresh the vent is close and dark. White-legged fowls are generally preferred—for no special reason, however, except that the flesh is whiter.

A young GOOSE has a yellowish bill and pliable feet with few hairs on either. If the bill and feet are reddish, with many hairs, the bird is old, and if the feet are dry it is stale.

DUCKS also (wild and tame) should have pliable feet, the breast should be full and hard, and the skin clear.

PIGEONS. The vent should be close and hard, and the feet pliable.

In selecting GAME pluck a few feathers from the under part of the leg; if the skin is not discoloured the bird is fresh. M. Soyer says, "The age may be known by placing the thumb into the beak, and holding the bird up with the jaw part; if it breaks it is young; if not, it is old, and requires keeping longer before cooking to be eatable."

A HARE when fresh killed is stiff and red; when stale, the body is supple and the flesh in many parts black. If the hare be old the ears will be tough and dry, and will not tear readily. RABBITS may be judged in the same manner. In both the claws should be smooth and sharp. In a young hare the cleft in the lip is narrow, and the claws are readily cracked if turned sideways.

FISH.

In every kind of fish the flesh should be thick and firm, the gills red and the eyes bright. If, on pressing the fingers on the flesh, the impression remains, the fish is stale. Freshness is best indicated by the smell. Medium-sized fish are generally preferable to those which are very large or very small.

VEGETABLES

should be procured as fresh as possible. In this respect the inhabitants of the metropolis suffer some disadvantage. Cabbages, cauliflowers, broccoli, spinach, peas, beans, lettuces, cucumbers, etc., etc., sold in London and other big cities have always lost some of their flavour by being packed and brought to market. If in addition they are allowed to get stale by lengthened exposure, they are scarcely worth eating.

Carrots, turnips, and parsnips are not so quickly spoiled, but are best when fresh. Carrots and parsnips are preserved by being "pitted" in sand.

Potatoes, when properly stored, do not lose much of their flavour by keeping. There are a great many varieties sold, but the confusion of names, and the deterioration of the best qualities when grown in unsuitable soils, render it impossible to recommend any particular kind. Medium-sized potatoes are generally the best.

EGGS, BUTTER, AND MILK.

In choosing EGGS, apply the tongue to the large end of the egg, and, if it feels warm, it may be relied on as fresh. Another mode of ascertaining the freshness of eggs is to hold them before a lighted candle or to the light, and if the egg looks clear, it will be tolerably good; if thick, it is stale; and if there is a black spot attached to the shell, it is worthless. No egg should be used for culinary purposes with the slightest taint in it, as it will render perfectly useless those with which it has been mixed. Eggs may, however, be preserved for a considerable time without any further special precaution than that of keeping them in a cool place. A very effective method of preserving eggs for winter use is to rub a little melted lard over each

to close the pores, and then to pack the eggs in bran or sawdust, not allowing them to touch each other. Or they may be packed in a vessel, and covered with a mixture of freshly slaked lime in water mixed to the consistency of cream. Eggs so preserved will keep for months, but the process renders the shells very brittle.

The adulteration of *milk* is usually limited to the addition of water, but as it is more or less injured by being conveyed long distances, it is seldom to be obtained in London of equal quality to that procured in the country. Where a supply of really pure and fresh milk is not available, the *condensed milk*, sold in tins, is invaluable, and under most circumstances it is worth while to keep a can or two in the house to meet any sudden requirements. One canful mixed with warm water is equivalent to nearly *two* quarts of ordinary milk. The *condensed milk* is made by evaporating nearly the whole of the water of the milk from which it is prepared, and adding sugar.

Butter is made in every agricultural district of England. When intended for the London market, no more salt is added in its proportion than is necessary to insure the butter keeping fresh for a certain length of time. In the North of England and in Wales fresh dairy butter is sometimes quite as salt as imported salt butter, or Irish butter, which is nearly always salted. The Board of Trade's latest return shows that Denmark sends about £10,000,000 and France about £2,000,000 of butter into the United Kingdom annually. Canada, Australia, New Zealand and Holland each supply us with butter worth about £250,000. The next return of the Board of Trade will in all probability show a considerable reduction in the supply of colonial butter. The colonists find cheese making more profitable.

Danish butter is highly esteemed for its fine flavour, but Australian butter has an equally good flavour, and it also keeps better. For home consumption Danish butter will be found a capital substitute for fresh butter, but for trade purposes, Australian butter is preferred because it contains more of what may be described as " body."

Butter, with regard to its properties as food, may be regarded nearly in the light of vegetable oils and animal fats ; but it becomes rancid sooner than most other fat oils. When fresh, it is very wholesome : but should be quite free from rancid taste.

TIMES WHEN THINGS ARE IN SEASON

JANUARY.

Fish.—Bloaters, brill, cod, crayfish, dorys, eels, flounders, haddock, hake, halibut, herrings, lobsters, mussels, oysters, plaice, prawns, scallops, skate, smelts, soles, sprats, turbot, whiting.

Meat.—Beef, house lamb, mutton, pork, veal.

Poultry.—Capons, fowls, geese, pigeons, rabbits, turkeys.

Game.—Hares, partridges, pheasants, snipe, wild fowl, woodcock.

Vegetables.—Artichokes (Jerusalem), beetroot, broccoli, cabbages (green and red), carrots, celery, endive, leeks, lettuces, onions, sprouts (Brussels), parsnips, potatoes, seakale, savoys, spinach, watercress.

Fruit.—Apples, bananas, grapes (foreign), nuts, oranges, pears, dried fruits.

FEBRUARY.

Fish.—Bloaters, brill, cod, crayfish, dorys, eels, flounders, hake, halibut, herrings, lobsters, mussels, oysters, plaice, prawns, shrimps, skate, smelts, soles, sprats, turbot, whitebait, whiting.

Meat.—Beef, mutton, house lamb, veal.

Poultry. — Capons, chickens, ducks, fowls, geese, pigeons, rabbits, turkeys.

Game.—Hares, partridges, pheasants, plovers, snipe, woodcock.

Vegetables.—Beetroot, broccoli, Brussels sprouts, cabbages, carrots, celery, cresses, endive, lettuces, parsnips, potatoes, savoys, seakale, spinach, turnips.

Fruit.—Apples, grapes (foreign), nuts, oranges, pears, rhubarb, dried fruits.

MARCH.

Fish.—Bloaters, brill, crabs, crayfish, eels, flounders, hake, halibut, herrings, lobsters, mullet, mussels, oysters, plaice, prawns, salmon, scallops, skate, smelts, soles, sturgeon, turbot, whitebait, whiting.

Meat.—Beef, house lamb, mutton, pork, veal.

Poultry.—Capons, chickens, ducklings, rabbits.

Game.—Snipe, woodcock.

Vegetables.—Asparagus, beetroot, broccoli, cabbages, carrots, celery, endive, lettuces, onions, parsnips, potatoes, savoys, seakale, spinach, sprouts, watercress.

Fruit.—Apples, grapes (foreign), nuts, oranges, pears, rhubarb, dried fruits.

APRIL.

Fish.—Brill, crabs, dorys, flounders, lobsters, mackerel, mullet (red and grey), mussels, oysters, prawns, salmon, shad, smelts, shrimps, skate, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, veal.

Poultry. — Capons, chickens, ducklings, fowls, guinea fowls, pigeons, rabbits.

Vegetables.—Asparagus, broccoli, cabbages, carrots, lettuces, onions (spring), parsnips, potatoes, seakale, sprouts, spinach, watercress.

Fruit.—Apples, nuts, pears, rhubarb.

MAY.

Fish.—Crabs, crayfish, dory, lobsters, mackerel, mullet (red and grey), plaice, prawns, salmon, shad, smelts, soles, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, veal.

Poultry.—Chickens, ducklings, fowls, green geese, guinea fowls, pigeons, rabbits.

Vegetables.—Asparagus, broccoli, cabbage, carrots (new), cauliflower, cucumbers, lettuces, onions (spring), potatoes (new), radishes, spinach.

Fruit. — Apples, gooseberries (green), rhubarb.

JUNE.

Fish.—Crayfish, eels, halibut, herrings, lobsters, mackerel, mullet, plaice, prawns, salmon, sturgeon, soles, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, veal, buck venison.

Poultry.—Chickens, ducklings, fowls, green geese, pigeons, rabbits.

Vegetables.—Artichokes, asparagus, broccoli, cabbages, carrots (new), cauliflowers, cucumbers, lettuces, onions, peas, potatoes (new), radishes, spinach, tomatoes.

Fruit.—Apples, apricots, cherries, currants, gooseberries, melons, rhubarb, strawberries.

JULY

Fish.—Crabs, crayfish, dory, flounders, hake, halibut, herrings, lobsters, mackerel, mullet (red and grey), prawns, salmon, soles, sturgeon, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, veal, buck venison.

Poultry.—Chickens, ducklings, fowls, green geese, guinea fowl, pigeons, rabbits.

Vegetables.—Artichokes, asparagus, beans (broad and French), broccoli, cauliflowers, carrots (new), cabbages, cucumbers, lettuces, onions, peas, potatoes, tomatoes, vegetable marrows.

Fruit.—Apricots, cherries, currants, gooseberries, melons, strawberries.

AUGUST.

Fish.—Brill, crayfish, cod, crabs, dorys, eels, flounders, hake, halibut, lobsters, mullet, prawns, salmon, soles, sturgeon, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, veal, buck venison.

Poultry.—Chickens, ducks, fowls, green geese, pigeons, rabbits.

Game.—Grouse, leverets, snipe, woodcock.

Vegetables.—Artichokes, beans (broad and French,) cabbages, carrots, cauliflowers, cucumbers, lettuces, onions, peas, potatoes, radishes, spinach, tomatoes, vegetable marrows.

Fruit.—Apricots, currants, gooseberries, greengages, plums, strawberries.

SEPTEMBER.

Fish.—Brill, cod, crabs, dorys, eels, flounders, hake, halibut, lobsters, mullet, mussels, oysters, plaice, prawns, salmon, soles, turbot, whiting.

Meat.—Beef, mutton, pork, veal, buck venison.

Poultry.—Chickens, ducks, fowls, geese, larks, pigeons, rabbits.

Game.—Blackcock, grouse, hares, partridges, ptarmigan, snipe, woodcock.

Vegetables.—Beans (French), beetroots, Brussels sprouts, cabbages, carrots, cauliflowers, cucumbers, lettuces, onions, potatoes, spinach, tomatoes, vegetable marrows.

Fruit. — Apricots, damsons, grapes, greengages, melons, nectarines, peaches, plums, quinces.

OCTOBER.

Fish.—Brill, cod, crabs, eels, flounders, haddocks, hake, halibut, herrings, lobsters, mullet, mussels, oysters, plaice, prawns, skate, smelts, soles, turbot, whiting.

Meat.—Beef, mutton, pork, veal, doe venison.

Poultry.—Ducks, fowls, geese, larks, pigeons, rabbits, turkeys.

Game.—Black game, grouse, hares, partridges, pheasants, plovers, ptarmigan, snipe, wild duck, woodcock.

Vegetables.—Beetroots, broccoli, Brussels sprouts, cabbages, carrots celery, lettuces, onions, parsnips,

potatoes, savoys, spinach, tomatoes, vegetable marrows.

Fruit.—Apples, bullaces, damsons, grapes, medlars, melons, nectarines, peaches, pears, pines, plums, quinces.

NOVEMBER.

Fish.—Brill, cod, crabs, eels, flounders, haddocks, hake, halibut, herrings, lobsters, mussels, oysters, soles, sprats, smelts, turbot, whiting.

Meat.—Beef, mutton, pork, doe venison.

Poultry.—Ducks, fowls, geese, larks, pigeons, rabbits, turkeys.

Game.—Black game, grouse, hares, partridges, pheasants, plovers, ptarmigan, snipe, wild duck, woodcock.

Vegetables.—Artichokes (Jerusalem), beetroots, broccoli, Brussels sprouts, cabbages, carrots, celery, onions, parsnips, potatoes, savoys, spinach, tomatoes.

Fruit.—Apples, grapes (foreign), medlars, melons, oranges, pears.

DECEMBER.

Fish.—Brill, bloaters, cod, eels, haddocks, hake, halibut, herrings, lobsters, oysters, plaice, prawns, skate, smelts, soles, sprats, turbot, whiting.

Meat.—Beef, mutton, pork, doe venison.

Poultry.—Ducks, fowls, geese, larks, pigeons, rabbits, turkeys.

Game.—Black game, hares, partridges, pheasants, plovers, snipe, wild duck, woodcock.

Vegetables.—Beetroots, Brussels sprouts, cabbages, carrots, celery, endive, onions, parsnips, potatoes, savoys, spinach, tomatoes.

Fruit.—Apples, grapes (foreign), medlars, oranges, pears, dried fruits.

HINTS TO PREVENT WASTE.

When fuel and food have been procured, the next consideration is, how the latter may be best preserved, with a view to its being suitably dressed. Much waste is often occasioned by the want of judgment or of necessary care in this particular. In the absence of proper places for keeping provisions a hanging safe, suspended in an airy situation, is the best substitute.

A well-ventilated larder, dry and shady, is better for meat and poultry which require to be kept for some time ; and the utmost skill in the culinary art will not compensate for the want of proper attention to this particular.

In favourable weather (that is, when the atmosphere is cool, clear, and dry) beef may be kept to advantage from two to four days ; mutton, under the same circumstances, may, with care, be kept still longer, and will hang for some time without deterioration. When the atmosphere is at all thick and moist, meat will soon turn. It should then be wiped every day with a cloth.

Veal, lamb, and pork ought not to be kept more than a day or two.

Though it is advisable that animal food should be hung up in the open air till its fibres have lost some degree of their toughness, yet, if it is kept till it loses its natural sweetness, its flavour has become deteriorated. As soon, therefore, as the slightest trace of putrescence is detected, it has reached its highest degree of tenderness, and should be dressed immediately. During the sultry summer months it is difficult to procure meat that is not either tough or tainted. It should, therefore, be well examined when it comes in, and if flies have touched it, the part must be cut off, and the remainder well washed.

Game may be hung for two or three weeks, but this is a question of individual taste. When the feathers come out very easily they are considered by some persons just fit for cooking, while others prefer them almost as fresh as a chicken or fowl should be. Birds with the feathers on, or fowls, will keep for a week ; turkeys for a fortnight ; geese not more than eight or nine days. Hares should be paunched before they are hung.

Fish, with the exception of salmon and turbot, should be cooked as fresh as possible. Salmon and turbot will be improved if kept for a day or so. Flat fish generally do not spoil so soon as most other kinds.

In very cold weather, meat and vegetables touched by the frost should be brought into the kitchen early in the morning, and soaked in cold water. In loins of meat, the long pipe that runs by the bone should be taken out, as it is apt to taint. Rumps and aitch-bones of beef, when bruised, should not be purchased.

All these things ought to enter into the consideration of every household manager ; and great care should be taken that nothing is thrown away or suffered to be wasted in the kitchen which might, by proper management, be turned to a good account. The shank-bones of mutton, so little esteemed in general, give richness to soups

or gravies, if well soaked and crushed before they are added to the boiling. They are also particularly nourishing for sick persons. Roast-beef bones, or shank-bones of ham, make excellent stock for pea-soup. When the whites of eggs are used for jelly, confectionery, or other purposes, a pudding or a custard should be made, that the yolks may be used.

All things likely to be wanted should be in readiness: sugars of different sorts; currants washed, picked, and perfectly dry; spices pounded and kept in very small bottles closely corked, or in canisters. Much waste is always prevented by keeping every article in the place best suited to it.

Vegetables keep best on a stone-floor, if the air be excluded; meat in a cold, dry place; as also salt, sugar, sweetmeats, candles, dried meats, and hams. Rice, and all sorts of cereals for puddings, should be closely covered, to preserve them from insects; but even this will not prevent them from being affected by these destroyers, if they are long and carelessly kept. Pears and grapes should be strung, and hung up in a cold, dry place. Apples should be laid on straw, after being carefully wiped and should not touch each other.

COOKERY

NECESSITY FOR COOKING.

In all ages and in all countries the pleasures of the table have been appreciated and cultivated. They are those that we taste the oftenest, and the first and last that we enjoy. In spite of all that is said in favour of our being content without luxuries and taking only what is absolutely necessary in the way of food and drink, the majority of us are quite ready to accept the fact that the good things of this earth were sent for our *use* (not abuse) : and the more carefully and pleasantly these good things are prepared for our delectation the better.

It is a great mistake to think that our great men do not appreciate good cooking as well as dainty fare. À propos of them, we recall the saying of Descartes, the French philosopher. One of the French noblesse, whose rank was superior to his brains, seeing the philosopher engaged upon an epicurean repast, exclaimed : " What ! do you philosophers eat dainties ? " and received the rebuff from Descartes, " Do you think that God made all the good things for fools ? "

Dr. Johnson used to hold in contempt those who did not, or pretended not to, care for good eating and drinking, and used to consider the consumption of good food a pleasurable part, but still a part of his work.

He was perfectly right, for it may be said the stomach is the mainspring of our system, and unless sufficient nourishment is given to it in the shape of good and digestible food, it cannot support either nerves or circulation.

To quote a great man of recent times, Ruskin says : " Cookery means much tasting and no wasting ; it means English thoroughness, French art, and Arabian hospitality ; it means the knowledge of all the fruits and herbs and balms and spices, it means carefulness, inventiveness, and watchfulness ; the economy of our great-grandmothers and the science of modern chemistry."

Animal and intellectual organs are more nearly connected than many would believe. A well nourished person is not only capable of better work, either mental or bodily, but is less liable to temptations of drink or excess of any kind than one who is badly fed. French people are proverbially light-hearted and temperate, and this we think might well be attributed to the fact that, no matter to what rank they belong, they eat heartily at few meals of *well-cooked* food.

Quantities and even qualities are secondary considerations compared with the cooking of our food. It is possible to eat a large meal of well prepared food and digest it perfectly, whereas a much smaller quantity, indifferently cooked, would disagree with us ; and while a meal of the lightest description may afford nourishment for hours, a heavy one may be as equally unsatisfactory.

No better motto could be found for a cook than to " make the best of everything," and that is where the science of cookery comes in, teaching us, as it does, the constituents and properties of foods, looking upon them in the light of medicines and blending them accord-

dingly, so that out of the minimum of material we may get the maximum of good.

THE SCIENCE OF COOKERY.

Till lately, chemistry has not been in active growth, but day by day it is now adding to our physiological knowledge, and is fast becoming a more popular science. With it and by its aid advances the science of cookery.

A dietary cure is now as common, if not more so, than a medicinal one for even the greatest disorders, particularly in cases of mental aberration ; and to this reason may be partly owing the giant strides that cookery has taken during the last few years.

It is argued by some who object to the term " science of cookery " that people lived as long before such a thing was heard of. So they did, just as they lived before they knew the laws of gravitation or elementary mathematics, before the days of wonderful machinery or steam. But as we are ready to acknowledge the fact that these discoveries have done much good, specially that science applied to agriculture enables us to support a larger population in greater comfort, why should we not be ready to say whether science in cookery will not aid us in the feeding of our starving millions, inasmuch as its very backbone is economy—economy in the use of the digestive organs as well as in the preparation of the food itself.

We venture to assert that gradually but surely our methods of cooking and our combinations of foods will be based upon the most carefully tested scientific discoveries, and that from laboratory to kitchen through, it may be, treatise or lecture, the information will be handed down.

It stands to reason that we should study and learn for ourselves the properties of the foods we consume every day of our lives, even before we know those of the medicines we occasionally take, and not test them at the expense of our bodily health, as we may do, not knowing of what they are composed.

REASONS FOR COOKERY.

We may say there are five good reasons for cooking : to make it pleasant to taste, to render mastication easy, to facilitate digestion, to combine foods, and to economize them by eating them warm.

To take the first reason. No one can enjoy and many cannot even be healthily nourished by a monotonous diet. Tasteless food is not simply unpleasant ; it is not healthful ; and the same food taken day after day, although it may contain all the necessary constituents, looking at it from the point of view of chemical analysis, does not give the requisite sustaining power.

It has been actually pointed out how a great improvement has been effected in the inmates of large public institutions by a change in the dietary.

We cannot give too much importance to this reason for good cooking, which is never monotonous, for it affects so materially the *health* as well as the comfort of us all.

The second reason, that of making mastication easier, is apparent without much consideration. The act may be said to be that of dividing and sub-dividing the food so that it exposes a greater surface to the action of the digestive juices with which it afterwards comes in contact ; and it can easily be seen how the sufficient cooking of food facilitates this. Some of our greatest and strongest animals, chiefly carnivorous ones, can swallow their food raw and without mastication, but their digestion is very different from our human one, and we should require to devote a great deal longer time to our meals had we to accomplish all the grinding and subdividing by our teeth alone.

By cooking, fibre is softened,

starch hydrated, dough vesiculated, albumen coagulated, and a very large portion of indigestible matter, or matter difficult of mastication, removed ; so half our work is done for us in the kitchen.

To the action of heat upon food may be ascribed the most important results of cookery. Cooking may not alter the chemical constitution of food, but it may utterly change its value, turning it from indigestible to digestible matter as well as rendering it pleasant to the taste. Some of the changes wrought by heat are easily explained : whether fibre is shrivelled or swelled ; whether gelatine is brittle or dissolved, we do not require science to discover, but science tells us why these things are, and so enables us to more easily bring our food into the conditions we require it.

The fourth reason we have for cooking is the combination of foods, which should be carefully done in the right proportions, so that by supplying deficiencies and counteracting superabundant qualities in various foods we may materially help digestion and supply the body with *all* its needs.

In many cases this has been done from an early period in cookery by natural instinct. Such as that which prompts us to serve peas with bacon, egg sauce with salt fish, or butter and milk with rice ; but this has probably been done long before we could give the reasons, not knowing the constituents of the foods—that peas contain the starch, or floury matter, necessary to combine with fat bacon, or that egg sauce would supply the lack of nourishment in salt fish. Daily, cooks learn these things, but there is still a wide field for their discoveries.

The fifth reason for cooking is the economizing of our food by heating it. Part of what we eat is heat-giving food to keep the heat of our bodies at a certain point. So long as we are in health we should be always 98° on a Fahrenheit thermometer—warm but not hot : a higher or lower temperature shows that something is amiss.

A simple illustration may serve to show why warm food is more nourishing than cold. When we put fresh coals on the fire the temperature of the room is lowered at once, because some of the heat from the live coals is absorbed into the fresh coals. This is just the case with the cold food, for some of the heat of our bodies must be employed to heat it.

There are gas burners that give a brilliant light and are yet economical because the spare heat of the flame is used to heat the gas that will be presently burnt, and we warm our food on the same principle, the coals saving the heat of our bodies. It should be a known fact that whereas hot food is not wholesome, warm food is not only more nourishing than cold, but it goes farther, and is, therefore, as we have said, more economical.

Cookery now in England is one of the most popular arts of the day, and where we had one, we have now twenty writers on the subject. We owe a debt of gratitude to many Continental authorities for the information we have been able to gain from their works upon Cookery, and as we give many recipes for French, German, American and Indian dishes, we may well devote a page or two to the consideration of foreign and colonial cookery.

FRENCH COOKERY.

The cooking of the French people ranks deservedly higher than that of any other nation ; and not only do French chefs rank among the best cooks in the world, but the peasantry and lower ranks in the country are remarkable for their talent in the culinary art. Early cultivation is the secret of the fact that so many French women can cook well ; even the little children have toy kitchens in which to com-

mence their studies, and cookery has always been a part of the education of the young French girls as it is now amongst English ones.

One decided advantage the French have over us is that they know how to make the *most* of everything in the way of food. Any good plain cook in England can send up an excellent leg of mutton with plain vegetables, and, may be, a Yorkshire pudding cooked to perfection ; but a French woman would make a comparatively elaborate dinner out of the same material, or less.

It is said by many English people (who may have not had the happiness of enjoying good cooking) in disparagement of the French, that they think so much of their eating. But why not ? They have but two to our three or four meals a day, and they like to have plenty of variety at these two meals—to have vegetables cooked in many different ways, appetizing yet not extravagant soups, and dainty dishes from half the meat that we use for our plain dinners.

The French rise early and come to their *déjeuner* with hearty appetite, and this meal takes the place of what used to be in England, in olden times, an early dinner, just as their late dinners do for the old-fashioned supper. Almost every provision is to be had in France in abundance, and we want no stronger proof of this than the quantity imported here. Condensed milk, butter, cheese, eggs and poultry we have from France in very great quantities, and we also depend upon her for a large supply of fruit and vegetables. Fruit is, in fact, so plentiful in France, that the pigs are often fed upon melons and pomegranates in the South. There is a good supply of fish, too, and on the Western Coast the catching and preserving of sardines finds employment for a great many people. Besides sardines, we are indebted to France for other luxuries in the shape of truffles, olives, wines and pâtes, among the latter the celerated "*foie gras.*"

Fish, eggs, vegetables and sweets are some of the best of the good dishes in France, perhaps from the fact that these must form the only fare on one, if not two days a week ; and looking at the question of this prescribed diet from a healthful and not a religious point of view, it almost seems a pity we cannot observe the same custom here, and not think meat an absolutely essential element in our daily food. French bread, as well as most other cookery, is known well in England, and in this, like all the other branches of the art, there is much more variety than we can boast.

GERMAN COOKERY.

In these days it is so easy to travel that many of us have had opportunities of trying foreign dishes and testing the merits of foreign cookery ; but, unless they have been a good deal abroad, English people are too apt to find fault with the dishes placed before them, merely from the fact that the food is prepared in a way totally different from the form in which they are accustomed to see it.

This is a mistake, for one may thus often lose a dainty dish from the fact of not liking it or from prejudice, the recipe for which we might have found a valuable addition to our cookery books.

Germans *should* be good cooks, for in no other country is it so much a part of the education of the girls as there. It is considered absolutely necessary for the German *hausfrau* in the middle and upper middle class, besides those in a lower station in life, to thoroughly understand the cooking of their country. In many cases where the income would not warrant the keeping of a good cook the German housewife will take the head of the kitchen herself ; and, in establishments where a cook, as well as other servants, is kept, it is

no unusual thing for a mistress to spend her mornings in personal supervision of the chief meal of the day.

Germans rise earlier than we do, and therefore are accustomed to take an earlier breakfast, which with them is a very informal meal. The cloth is laid without either plates or knives; and the breakfast itself consists only of hot rolls and coffee. If, as it sometimes happens, this breakfast is served between 6 and 7, about 10 there is a sort of snatch luncheon consisting only of fruit and cakes; for not later than one o'clock arrives the chief meal of the day, the early dinner.

Such ordinarily consists of soup and boiled meat with sauces and pickles, a roast, two vegetables and a sweet. After this meal comes the 4 o'clock coffee, with its accompanying substantial cakes. It must be remembered that, rising so early, the work in a German household is almost or quite done before the principle repast; and therefore, they are more in a position to enjoy it than we should be so early in the day.

At between 7 and 8 comes supper, which is either hot or cold according to the season of the year, and in summer this sometimes consists of an extremely nice dish called "thick milk." The milk is taken fresh and put into large stone jars in a cold cellar, and after three or four days comes out quite solid. The cream is first taken off and made quite smooth with a wooden spoon in a tureen, then the milk is broken up and added, spoonful by spoonful, until the whole mass is perfectly smooth. It is then served with grated bread-crumbs, powdered sugar and cinnamon. In winter hot soups are commonly served, and after that the inevitable "sausage" in some form or other. Late dinners are not a common thing in Germany, and in place of these, guests are more bidden to suppers, which are sometimes quite elaborate meals, equivalent to late dinners and served on tables decorated as our own.

One of the branches of German cookery most esteemed by the English is the making of cakes and sweets, in which we must confess ourselves most behindhand. Here it is only in comparatively few households that we find people capable of making the more elaborate kinds of fancy cakes or pastry; and should we desire such, it is too often the fact that we *buy* them. But in Germany every household can supply its own sweets, be they rich or plain; although, strange to say, it is not a common thing to find the making and baking of bread done at home.

One of the greatest contrasts between German cookery and our own is in the seasoning of the meats and vegetables. What we are accustomed to enjoy in a plain form, such as a well roasted joint and plainly boiled vegetables, they would consider only half prepared for table. True it is that our meat is superior to that of most foreign countries and does not so much need the seasoning of herbs, etc., used in Germany; but we must acknowledge we might, with advantage, make our cooked vegetables more savoury. These are most daintily prepared and serve for dishes in themselves, instead of being merely belongings of the joint with no more individuality than its gravy.

The greatest lesson we can learn from cookery in Germany as in France, is, however, *economy*. When butter is at its cheapest, it is bought in quantities, clarified and stored; eggs when most plentiful are rubbed over with salad oil, to form a supply for winter's use; apple parings are made into jelly and the fruit used for tarts, and so on *ad infinitum*.

Two great institutions in German cookery are *nudeln* (a sort of macaroni), and sausages; while the pickled fish of the country are

deservedly esteemed. The sausages of Germany are now so well known in England: suffice it to say that they are of infinite variety and size; and their patés, brawns and galantines are extremely good.

AMERICAN COOKERY.

Now that we receive American provisions in such good condition, it is as well we should know something about American cookery. We give, therefore, some recipes for the cooking of those provisions with which we are already familiar, together with some for purely American dishes that as yet we have not had an opportunity of trying here, feeling sure that ere long means will be found to bring the required ingredients within our reach.

Amongst the plentiful supply of fresh provisions in America, fish takes a prominent place, and forms a larger diet than here. The immense extent of the American coasts, Atlantic and Pacific, supplemented by the large lakes and rivers, yield an ample supply of not only those fish familiar to us, but many others as yet unknown, amongst which are those named from their colour, such as the blue and the white fish and the celebrated clam, while oysters are extremely plentiful and far too cheap to be considered a luxury. Game (although not preserved as here), poultry, vegetables and fruit are all found in abundance in America.

One lesson we might learn from the Americans, and that is to make a greater variety in our bread and breakfast and tea-cakes. There is a terrible sameness in this branch of bakery in England, and we seldom rise above white or brown bread, tea-cakes, muffins or hot rolls; while at American breakfast-tables breads of various flours (often blended), dainty biscuits, crackers, and many other nice substitutes for these will be found to vary the monotony of these necessary adjuncts of the meals.

American drinks, candies, and ice creams we scarcely need speak of here, for they have come to us and been appreciated by most English people. We ought to be grateful to Americans for having introduced us to the fluid beef, and other preparations of meat that form such good substitutes for alcoholic drinks in the cold weather, putting strength as well as life into our bodies when at all overcome by cold or fatigue. The iced drinks for summer we think are far less valuable, for, though very refreshing for the time, they have, when partaken of very freely, an injurious effect.

INDIAN COOKERY.

The English housekeeper in India cannot undertake the personal supervision of the kitchen, which, in many cases, may be some distance away from the house or bungalow, but she will soon learn that it is impossible to treat or to trust Indian servants as we can our English ones. The cook, having the marketing to do, will in all probability try to make out of it some profit for himself; it is, therefore, necessary that the mistress of the household should make herself acquainted with the regular prices for all provisions, as also the value of the various coins, so as to have to some extent a check upon undue expenditure. A sensible relief to an English housekeeper going to India is the fact that she has only to provide for herself and family, and not for the large number of servants required for the daily duties, whose wages are always given to include their board.

Meat in India, having to be eaten so soon after it is killed, is never very good, the beef especially being very coarse and tasteless; but in an Indian cook's hands it is made to form very tasty dishes. These cooks are generally very clever, and

will turn out a good dinner from materials that would not serve for the plainest one in ordinary houses. Poultry is good and plentiful, and game is the latter, but rather wanting flavour. Chickens, fowls and rabbits are quite staple foods, and snipe, teal and quail (particularly the last named bird) are excellent in India. In such a thirsty climate drink is often a serious item in housekeeping, and English people are too apt to give way to what is after all more of a habit than of necessity, and take more liquid than can do them good.

The water, unfortunately, is generally very bad, so filled with animalculæ that it has to be boiled and filtered, and so rendered more flat and unpalatable as a beverage. To take its place there are some most refreshing drinks made from the juice of the lime and other fruits, and iced tea is another pleasant one, but unfortunately the predilection is in favour of alcoholic drinks, and these are very expensive. Amongst them bottled beer, soda and brandy have the largest consumption.

The quantity and variety of the fruit in India is well known, but to many English persons the lack of the *quality* of our fruit at home prevents their due appreciation of them. Amongst the best of Indian fruits are generally considered mangoes, bananas, dates, melons, and cocoa-nuts. Vegetables are not so plentiful as fruit, and the cooks make too often a substitute for them of rice ; but with proper care English vegetables will grow, and Indian cooks soon learn to prepare them in the form most preferred.

INVALID COOKERY.

There is no form of cookery that requires more thought and care than that intended for the diet of the sick.

The choice of the food alone is a difficult question—to select what will nourish each particular individual in each particular case, for what is good for one person is not necessarily good for another, even if they be suffering from the same complaint.

It would be well for those who nurse the sick, whether amateur or professional, to know for themselves the value and the constituents of the food they have to administer.

A sick person's diet is as important as his physic, in fact, in many cases it is his physic—in the dietary cures of which we have before spoken. It should, therefore, be prepared as carefully as medicine would be mixed, and administered with the greatest consideration and punctuality.

A sick-room diet, particularly in the case of long and serious illness, should be one that will give the least possible work to that part of the digestive canal that is least able to bear it ; to compensate for the waste and drain upon the system. To ensure this, the doctor will prescribe the diet as well as the medicine, and his instructions should be faithfully carried out. It is cruel kindness to give whatever a sick person craves for, in defiance of doctors' opinions. For example, after a fever a person may develop an abnormal appetite which it would be dangerous to gratify.

A much more common difficulty in dealing with the sick is to get them to take enough food ; but this is sometimes the fault of the nurse. With the kindest intentions, she will bring a plateful of jelly or a basin of beef-tea, to her patient, and he will reject it with disgust, because, in his weak state, the sight of so much food is most distasteful to him ; whereas, did she but bring a few spoonfuls at a time, he might rouse himself to make the slight exertion that the swallowing of a small quantity would entail.

Give little food and often. What is taken willingly and with relish, if even a very little, does more good

than double the amount swallowed with disgust.

In some cases it is absolutely essential that to get the patient to take any food at all, it must be only given exactly when he chooses to take it, but as a rule there are times and hours dictated. In these cases, punctuality is of the utmost importance. Never let the patient wait for a meal or even a spoonful beyond the appointed time, unless asleep and it is undesirable to wake him. Most essential is this in the small hours of the morning, when the patient's strength is at its lowest ebb. This is the most trying time for the amateur nurse, but, feeling as she will probably feel then, weak and worn out, she must remember that so will her patient be, and be careful that both food and medicine be punctually given. If kept waiting, most patients lose their desire to eat and will reject the food when brought. When there is no appetite, give such food as affords the most nourishment with the least amount of exertion either to teeth or digestion. Put the greatest amount of nourishment into the smallest space, and let the food, if solid, be divided.

LEAVING FOOD IN THE ROOM.

Never leave food in a sick-room. If the patient cannot eat it, take it away out of the room, and bring it again after a due interval.

Miss Nightingale says, " To leave the patient's untasted food by his side from meal to meal, in hopes that he will take it in the interval, is simply to prevent him taking food at all. I have known patients literally incapacitated from taking any one article of food after another from this piece of ignorance. Let the food come at the right time, and be taken away, eaten or uneaten, at the right time ; but never let a patient have ' something always standing by him,' if you don't wish to disgust him with everything."

IN CASES OF INFECTION.

When disease is infectious, no one should take any of the food that comes from the sick-room ; anything that remains should be burnt. In acute diseases the diet is generally limited to liquids, such as milk and beef-tea. The former is the best food of any in such cases, and it is a most fortunate thing if the patient is able to take it. If he cannot digest it as it is, he may possibly be able to do so if it be boiled and given warm, or if it be mixed with lime-water or soda-water.

When every preparation of fresh milk has been used in vain, whey is sometimes found useful, also koumiss, or fermented milk may be tried. In many illnesses the patient suffers from sickness and nausea, when all food should be given iced or as cold as possible. Milk may be stood on ice for a long time, and if no ice is at hand it is a good plan to wrap a wet cloth round the jug containing it and stand it outside the window or by a door in a draught ; it can also be made cooler by setting the jug in a pan of salt and water.

KEEPING FOOD HOT.

There is often a difficulty in keeping food hot in a sick-room. The best thing we know to do this is a Norwegian cooking apparatus, a box thickly padded with a non-conducting material containing a double tin receptacle, the outer for the hot water and the inner for the food that has to be kept hot. In this, beef-tea or other preparations may be kept hot for some hours.

BEEF TEA.

A word about beef-tea may not be out of place. It is the most common of all invalid food, but it is really not a very nourishing one, for there is not more than half an ounce of solid in a whole pint of beef-tea ; yet it is something of a stimulant and is very generally prescribed by

medical men. If it can be varied, and given alternately with other food, it is better. For patients suffering from acute disease it is better to omit the salt or other flavouring, for if the tea be made as strong as possible it will, in all probability, when the organs of taste are in an extremely sensitive condition, taste too salt from the presence of the saline matter in the meat. A nourishing food can be made of raw beef, scraped free from fibre, seasoned with a little pepper and salt, and served as sandwiches between thin bread and butter, or, if for very young children, it may have a little sugar or jam instead of the savoury flavouring.

IN CONVALESCENCE.

In convalescence, invalid diet is comparatively easy to manage, though it may take longer to prepare the food from the fact that it should be as *varied* as possible.

Never make a large quantity of anything at one time, thinking that what the invalid has liked he may continue to like, for in nine cases out of ten his appetite will be very capricious. Never let him get tired of any food.

In convalescence eggs are valuable, and are easily digested if beaten to a froth with a little sugar, if liked, and a spoonful of brandy, if desirable. If they are cooked, they should be done very lightly. Sago, tapioca, and bread puddings are generally acceptable to the invalid after a long course of beef-tea, broth, arrowroot, and jelly. The next step is generally to fish, of which the first should be whiting, as it is of all fish the easiest of digestion. It is condemned by many as tasteless, but this can be remedied if a nice sauce be served with it, the foundation of which may be melted butter.

Mutton is generally the first meat an invalid is allowed to take; but if in season, lamb is more delicate. Whichever meat it is, it should not be fat, nor should it be fried for the first meat meal. The most digestible way of cooking it is by stewing. In everything prepared for a sick-room the greatest attention must be paid to cleanliness. If the kitchen utensils are not scrupulously clean, some disagreeable flavour may be imparted to the preparation. A flavour, it may be, imperceptible to the healthy palate, but perfectly obvious to the sick person. It is safer to use china or earthenware than metal for very delicate cookery.

GENERAL REMARKS.

A good nurse will always serve a patient's food in the most dainty and tempting way possible, and will see that everything the invalid uses is exquisitely clean. Glass will be bright, silver burnished, napkin unsoiled, saucers free from slops. Although the sick person may not be able to comment upon the way his food is served, he will most likely notice every detail; and, in a weak state, there is actual pain or pleasure in them to him. Let the food itself be made to look as tempting as possible—garnished as prettily as taste may devise. In health we like to see our food nicely and daintily served, but in sickness it is absolutely necessary that it should be so, and while we do not grudge the trouble of cooking the food, we need not mind that of arranging it as carefully as possible to suit the tastes of our invalids.

One or two little things in connexion with serving invalid's food we must not forget to mention. In the first place see that his position is as comfortable as it can be made to partake of the meal or draught; take care that there be nothing spilt in a saucer from which he has to lift a cup, so that sheet or dress may not be soiled, also be careful that no crumbs are left in the bed.

VARIOUS FOODS.

The most abundant and the

cheapest are the starch and floury foods. Bread, potatoes, rice, barley, and other floury foods contain a large proportion of starch, while cornflour, arrowroot, sago, and tapioca contain but very little else.

There is starch in beans and peas, but they also contain a large amount of casein, and are, therefore, usually spoken of as albuminoids, or flesh-forming foods.

There is no starch in milk, but it is, nevertheless, as a single food, the most perfect, and said to sustain life alone longer than any other.

Sugar is a good food and replaces starch, but it is apt to produce acidity if used too freely.

Fats, starches and sugars are called heat-givers because they are oxidized in the body to keep it up to its proper temperature. From the starch and sugars fat is deposited, if more is consumed than is required to burn, therefore those who wish to get thin should eat little or none of these, or take sufficient exercise to burn them up.

Fat is a very necessary element in food, and should be eaten in some form or other by every one. By fat, we mean not only the fat of meat, but butter, cream, oil, or dripping. Of these the most easily digested are cream and oil ; hence the ordering of these for delicate or consumptive persons who have often a very great dislike to, or who cannot digest the fat of fresh meat or bacon.

Fat and starch, to a certain extent, replace one another. Carbonate and salts include. besides common salt, potash, phosphates of lime and iron.

Iron is generally looked upon as a medicine rather than a food, but all others are necessary foods. Lime is wanted to make bone, and should be found in milk for the young. When it has been absent we often see weak and rickety limbs and broken and decayed teeth. Potash salt is found in all fresh vegetables and fruits ; and a common defect in diet is the lack of these. Common salt, being used for dried fish and flesh, finds too large a place in the diet of the poorer classes.

Albuminoids, or flesh formers, are supplied by lean meat, poultry, game, fish, cheese, eggs, gelatine, gluten in flour, fibrine in oats and in beans, peas, and lentils. Albumen, which exists most largely in eggs, is also found in meat, the blood of animals containing it also. It may be discovered in vegetable juices as well as in seeds and nuts.

Flesh formers being as a rule more expensive than the starchy foods, the poor often suffer from the want of them.

It is reckoned that a good diet for a healthy man, doing a good moderate amount of work, should consist of 22½ oz. in the allowing proportions by avoirdupois.

Albuminoids . . .	3
Fats, starch, sugar, etc.	14
Salts	1
Water	4½
	22½

For a woman the ration should be about 3 oz. smaller, but the proportions the same. The various constituents of a healthy diet being yielded alike by both the animal and the vegetable world, it is clear that we can draw our supplies from either ; and those who prefer what is termed a vegetarian diet need not find it less nourishing than another in which animal food enters.

FRESH PROVISIONS.

Under the head of " Times when things are in Season," we give a list of all the fresh provisions to be obtained in each month ; but as to many of us a more important question is the costs of the article, we give the following price list in addition.

TABLE OF SEASONS AND PRICES OF FRESH PROVISIONS.

These prices are the ordinary ones charged at good shops in London and other large towns for the best provisions. Cheaper and inferior ones are to be purchased, as, for example, American meat, and Australian meat and poultry, which are imported in a frozen state ; but the articles named in our lists, with the exception of some of the cheeses, are fresh home produce.

MEAT.

(Meat, with the exception of early lamb, varies but little in price the year round.

PRICES OF BEEF, DIFFERENT JOINTS AND PARTS.

Part.	In Season.	Best.	Average Price.
Aitch-bone ..	All the year ..	During Winter..	7*d.* per lb.
Brisket	,, ..	,, ..	7*d.* ,,
Buttock	,, ..	,, ..	9*d.* ,,
,, (in Steaks)	,, ..	,, ..	1*s.* ,,
Fillet	,, ..	,, ..	1*s.* 2*d.* ,,
Neck	,, ..	,, ..	6*d.* ,,
Rump	,, ..	,, ..	9*d.* ,,
,, (in Steaks)	,, ..	,, ..	1*s.* 1*d.* ,,
Silverside	,, ..	,, ..	9*d.* ,,
Sirloin	,, ..	,, ..	11*d.* ,,
Ox-cheek	,, ..	,, ..	5*d.* ,,
Heart	,, ..	,, ..	2*s.* each
Kidney	,, ..	,, ..	10*d.* per lb.
Tail	,, ..	,, ..	From 2*s.* 6*d.* each
Tongue	,, ..	,, ..	From 3*s.* 6*d.* each

PRICES OF VEAL, DIFFERENT JOINTS AND PARTS.

Part.	In Season.	Best.	Average Price.
Breast	Feb. to Nov. ..	Summer	8*d.* per lb.
Cutlet	,, ..	,, ...	1*s.* 2*d.* per lb.
Fillet	,, ..	,, ...	1*s.* per lb.
Knuckle	,, ..	,, ...	7*d.* per lb.
Loin	,, ..	,, ...	10*d.* per lb.
Shoulder	,, ..	,, ...	8½*d.* per lb.
Head (half) ..	,, ..	,, ...	3*s.* 6*d.* each
Heart	,, ..	,, ...	8*d.* to 1*s.* each
Sweetbread ..	,, ..	,, ...	From 3*s.*

SEASONS AND PRICES OF MUTTON, DIFFERENT JOINTS AND PARTS.

Part.	In Season.	Best.	Average Price.
Breast	All the year ..	Sept. to April ..	5*d.* per lb.
Leg	,, ..	,, ..	10*d.* ,,
Loin	,, ..	,, ..	9½*d.* ,,
Neck (Best End)	,, ..	,, ..	9½*d.* ,,
,, (Scrag) ..	,, ..	,, ..	7*d.* ,,
Saddle	,, ..	,, ..	10*d.* ,,
Shoulder	,, ..	,, ..	9*d.* ,,
Head	,, ..	,, ..	1*s.* each
Heart	,, ..	,, ..	4*d.* to 5*d.* each
Kidneys	,, ..	,, ..	3*d.* each
Chops	,, ..	,, ..	10*d.* per lb.

SEASONS AND PRICES OF LAMB, DIFFERENT JOINTS AND PARTS.

Part.	In Season.	Best.	Average Price.
Breast	March to Sept.	May to July ..	9*d.* per lb.
Fore-quarters ..	,, ..	,, ..	10*d.* per lb.
Hind-quarters ..	,, ..	,, ..	1*s.* per lb.
Leg	,, ..	,, ..	1*s.* per lb.
Loin	,, ..	,, ..	1*s.* per lb.
Neck (Best End)	,, ..	,, ..	11*d.* per lb.
,, (Scrag) ..	,, ..	,, ..	8*d.* per lb.
Shoulder	,, ..	,, ..	10*d.* per lb.
Fry	,, ..	,, ..	About 8*d.* per lb.

SEASONS AND PRICES OF PORK, DIFFERENT JOINTS AND PARTS.

Part.	In Season.	Best.	Average Price.
Hand	Sept to April ..	Nov. to March ..	7½*d.* per lb.
Fore-loin	,, ..	,, ..	9*d.* ,,
Hind-loin	,, ..	,, ..	9*d.* ,,
Leg	,, ..	,, ..	8½*d.* ,,
Spare rib	,, ..	,, ..	8*d.* ,,
Spring	,, ..	,, ..	8*d.* ,,
,, (salted) ..	,, ..	,, ..	8*d.* ,,

FISH.

SEASONS AND PRICES OF FISH OF VARIOUS KINDS.

Name of Fish.	In Season.	Best and Cheapest.	Average Price.
Bloaters	Sept. to April	In Winter	1*s.* to 2*s.* per doz.
Bream	All the year	Autumn	8*d.* each
Brill	Aug. to May	In Winter	1*s.* to 5*s.* each
Carp	Nov. to March	Jan. & Feb.	4*d.* to 1*s.* per lb.
Cockles	All the year	Summer	2*d.* to 4*d.* per quart
Cod	Aug. to April	Nov. to Jan.	4*d.* to 1*s.* per lb.
Chub	June to Dec.	Summer	4*d.* to 6*d.* per lb.
Crabs	April to Oct.	,,	1*s.* to 3*s.* each
Crayfish	All the year	,,	1*s.* to 3*s.* per doz.
Dory	,,	Winter	1*s.* to 5*s.* each
Eels	June to March	Sept. to Nov.	9*d.* to 1*s.* 2*d.* per lb.
Flounders	All the year	Aug. to Nov.	1*d.* to 3*d.* each
Haddocks	Aug. to Feb.	Winter	4*d.* to 1*s.* each
Hake	June to March	,,	6*d.* to 8*d.* per lb.
Halibut	Aug. to March	,,	4*d.* to 1*s.* per lb.
Herrings	May to Jan.	June to Sept.	6*d.* to 1*s.* per doz.
Ling	Aug. to March	Autumn	4*d.* to 6*d.* per lb.
Lobsters	All the year	Summer	9*d.* to 4*s.* each
Mackerel	Nearly all the yr.	Jan. to March	4*d.* to 6*d.* each
Mullet (Grey)	,,	Winter	4*d.* to 1*s.* each
,, (Red)	,,	April to Oct.	10*d.* to 1*s.* 6*d.* each
Mussels	Sept. to April	Winter	1*d.* to 3*d.* per quart
Oysters	Aug. to April	,,	1*s.* to 4*s.* per doz.
Plaice	All the year	May to Nov.	6*d.* to 1*s.* per lb.
Prawns	,,	May to Dec.	6*d.* to 1*s.* per doz.
Salmon	Feb. to Sept.	Spring, Summer	1*s.* to 4*s.* per lb.
Shad	,,	May to Aug.	6*d.* to 9*d.* per lb.
Shrimps	All the year	April to Nov.	3*d.* to 4*d.* per pint
Skate	Sept. to April	Oct. to March	4*d.* to 1*s.* per lb.
Scallops	Spring	Jan. to June	6*d.* to 1*s.* per doz.
Smelts	Oct. to May	Winter	6*d.* to 2*s.* per doz.
Soles	All the year	April to July	1*s.* to 2*s.* per lb.
Sprats	Nov. to Feb.	Nov. & Dec.	1*d.* to 3*d.* per lb.
Sturgeon	April to Sept.	Summer	9*d.* to 1*s.* 1*d.* per lb.
Trout	,,	April to July	1*s.* to 2*s.* per lb.
Turbot	All the year	Spring, Summer	3*s.* to 15*s.* each
Whitebait	Jan. to Sept.	Feb. to May	1*s.* 6*d.* to 2*s.* 6*d.* pint
Whiting	All the year	Spring, Summer	3*d.* to 9*d.* each

POULTRY.

SEASONS AND PRICES OF POULTRY OF VARIOUS KINDS.

Poultry.	In Season.	Best and Cheapest.	Average Price.
Chickens	Feb. to Oct. ..	June to Sept...	2*s.* to 3*s.* 6*d.* each
Ducklings	March to Aug...	May to July ..	2*s.* 6*d.* to 3*s.* 6*d.* each
Ducks	Aug. to Feb. ..	Sept. & Oct. ..	2*s.* 6*d.* to 3*s.* 6*d.* each
Fowls	All the year ..	June to Oct. ..	2*s.* 6*d.* to 3*s.* 6*d.* each
Geese	Sept. to Feb. ..	Sept. to Nov...	6*s.* to 10*s.* each
,, (green)	May to Aug. ..	June	6*s.* to 9*s.* each
Guinea Fowl ..	Feb. to Aug. ..	Summer	3*s.* to 4*s.* each
Larks	Sept. to Dec. ..	November ..	2*s.* to 3*s.* per doz.
Pigeons	Aug. to April ..	Winter	9*d.* to 1*s.* each
,, (Bordeaux)	All the year ..	,, ...	1*s.* to 1*s.* 4*d.* each
Rabbits	,, ..	Oct. to Feb. ..	1*s.* to 1*s.* 6*d.* each
,, (Ostend)..	,, ..	,, ..	7*d.* & 8*d.* per lb.
Turkeys	Oct. to March..	Nov. to Jan. ..	5*s.* to 30*s.* each

FRUIT.

SEASONS AND PRICES OF FRUIT OF VARIOUS KINDS.

Fruit.	In Season.	Best and Cheapest.	Average Price.
Apples	All the year ..	Oct. to Dec. ..	2*d.* to 6*d.* per lb.
Apricots	June to Sept. ..	August	1*s.* 6*d.* to 3*s.* 6*d.* doz.
Bullaces	Autumn	October	1*d.* to 3*d.* per lb.
Cherries	June to Aug. ..	July	4*d.* to 8*d.* per lb.
Currants	July to Sept. ..	August	3*d.* to 8*d.* per lb.
Damsons	Sept. to Oct. ..	October	1*d.* to 4*d.* per lb.
Figs	July to Sept. ..	August	1*d.* to 3*d.* each
Gooseberries ..	,,	,,	4*d.* to 8*d.* per quart
,, (Green) ..	May to July ..	June	3*d.* to 6*d.* per quart
Grapes (Foreign)	All the year ..	Autumn	4*d.* to 8*d.* per lb.
,, (Hothouse)	Sept. to Dec. ..	October	From 2*s.* per lb.
Greengages ..	July to Sept. ..	August	3*d.* to 6*d.* per lb.
Medlars	Oct. to Jan. ..	Oct. & Nov. ..	4*d.* to 8*d.* per lb.
Melons	June to Nov. ..	October	1*s.* to 3*s.* each
Nectarines ..	Sept. & Oct. ..	,, ...	3*s.* to 4*s.* per doz.
Oranges ..	All the year ..	Winter	From 4*d.* per doz.
Peaches	Sept. & Oct. ..	October	4*s.* to 8*s.* per doz.
Pears	Oct. to March..	Oct. & Nov. ..	1*d.* to 6*d.* each
Pines	Sept. to Dec. ..	October	5*s.* to 15*s.* each
,, (Foreign) ..	June to Nov. ..	September ..	1*s.* to 3*s.* each
Plums	Aug. to Oct. ..	Sept. & Oct. ..	2*d.* to 6*d.* per lb.
Quinces	Sept. & Oct. ..	October	2*s.* to 3*s.* per doz.
Rhubarb	Jan. to July ..	April & May ..	4*d.* to 8*d.* per bunch
Strawberries ..	June to Sept. ..	July	4*d.* to 1*s.* per lb.

VEGETABLES.

SEASONS AND PRICES OF VEGETABLES OF VARIOUS KINDS.

Vegetables	In Season.	Best and Cheapest.	Average Price.
Artichokes (Globe	June to Oct. ..	August	3*d.* to 6*d.* each
,, (Jerusalem)	Nov. to Feb. ..	December ..	1½*d.* to 2*d.* per lb.
Asparagus ..	March to July .	April & May ..	1*s.* 6*d.* to 4*s.* 6*d.* bundle
Beans (French) ..	May to Nov. ..	Sept. & Oct. ..	2*d.* to 4*d.* per lb.
,, (Broad) ..	June to Aug. ..	August	6*d.* to 8*d.* per peck
,, (Runner ..	July to Oct. ..	Aug. and Sept.	2*d.* to 4*d.* per lb.
Beetroot	All the year ..	Autumn	1*d.* to 3*d.* each
Broccoli, different kinds	,, ..	,, ...	2*d.* to 3*d.* each
Sprouts	Jan. to May ..	April	1*d.* to 2*d.* per lb.
,, (Brussels) ..	Sept. to Feb. ..	Oct. to Dec. ..	2*d.* to 4*d.* per lb.
Cabbages	All the year ..	Spring, Summer	1*d.* to 2*d.* each
,, (red)..	Oct. to Feb. ..	Nov. & Dec. ..	4*d.* to 6*d.* each
Carrots	All the year ..	Autumn	4*d.* to 6*d.* per bunch
Cauliflower ..	May to Aug. ..	July	2*d.* to 6*d.* each
Celery	Oct. to March..	Oct. to Dec. ..	1*d.* to 6*d.* per stick
Cucumbers ..	May to Oct. ..	Summer ..	2*d.* to 1*s.* 4*d.* each
Endive	Sept. to March	Oct. & Nov. ..	1*d.* to 6*d.* each
Horseradish ..	All the year ..	Winter	1*d.* to 2*d.* per stick
Leeks	Oct. to May ..	Oct. & Nov. ..	4*d.* to 6*d.* per bunch
Lettuces	May to Nov. ..	July & Aug. ..	1*d.* to 2*d.* each
,, (French)	Dec. to May ..	Winter	2*d.* to 4*d.* each
Onions	All the year ..	Sum. & Aut. ..	1*d.* to 2*d.* per lb.
,, (Spring) ..	March to June	April & May ..	1*d.* & 2*d.* per bunch
Parsnips	Oct. to April ..	Winter	1*d.* and 2*d.* each
Peas	June to Sept. ..	July & Aug. ..	6*d.* to 2*s.* per peck
Potatoes	All the year ..	Autumn ..	9*d.* to 1*s.* per peck
,, (new) ..	May to Sept. ..	June & July ..	3*d.* to 8*d.* per lb.
Radishes	,, ..	June to Aug. ..	1*d.* per bunch
Savoys	Oct. to March ..	Nov. to Jan. ..	1*d.* to 4*d.* each
Seakale	Jan. to May ..	Feb. & March..	1*s.* to 2*s.* 6*d.* per basket
Spinach	All the year ..	Summer	2*d.* to 4*d.* per lb.
Tomatoes	June to Dec. ..	Sept. & Oct. ..	4*d.* to 8*d.* per lb.
Vegetable Marrow	June to Oct. ..	Aug. & Sept. ..	1*d.* to 6*d.* each
Watercress ..	All the year ..	Summer	1*d.* per bunch

GAME.

SEASONS AND PRICES OF GAME OF VARIOUS KINDS.

Game.	In Season.	Best and Cheapest.	Average Price.
Blackcock	Aug. to Nov.	Sept. & Oct.	3*s.* to 4*s.* brace
Ducks (wild)	Oct. to Dec.	Nov. & Dec.	3*s.* to 4*s.* brace
Grouse	Aug. to Nov.	September	3*s.* 6*d.* to 5*s.* brace
Hares	Sept. to March	October	3*s.* 6*d.* to 5*s.* each
Leverets	Aug. to Sept.	August	3*s.* to 4*s.* each
Partridges	Sept. to Feb.	Oct. & Nov.	3*s.* to 5*s.* brace
Pheasants	Oct. to Feb.	Winter	5*s.* to 7*s.* brace
Plovers	,,	,,	1*s.* to 1*s.* 6*d.* each
Ptarmigan	Sept. to April	September	1*s.* to 1*s.* 6*d.* each
Quail	Sept. to Feb.	Sept. & Oct.	1*s.* to 1*s.* 6*d.* each
Snipe	Aug. to Feb.	Oct. & Nov.	2*s.* 6*d.* to 3*s.* 6*d.* brace
Teal	,,	Winter	1*s.* to 1*s.* 6*d.* each
Venison (Buck)	June to Sept.	July & Aug.	1*s.* to 2*s.* per lb.
,, (Doe)	Oct. to Dec.	November	1*s.* to 2*s.* per lb.
Widgeon	Oct. to Feb.	Sept. & Oct.	1*s.* to 1*s.* 6*d.* each
Woodcock	,,	,,	3*s.* 6*d.* to 5*s.* brace

DAIRY PRODUCE, ETC.

Article.	Average Price.	Article.	Average Price.
Butter—			
Fresh	1*s.* to 1*s.* 3*d.* per lb.	Eggs, Geese's	3*s.* to 4*s.* per doz.
English	1*s.* 2*d.* to 1*s.* 4*d.* per lb.	,, Guinea fowls'	1*s.* to 2*s.* per doz.
Foreign	1*s.* 3*d.* to 1*s.* 6*d.* per lb.	,, Plovers'	4*s.* to 5*s.* per doz.
Dorset	1*s.* 2*d.* to 1*s.* 4*d.* per lb.	,, Turkeys'	3*s.* to 4*s.* per doz.
Salt	10*d.* to 1*s.* per lb.	Milk, New	3*d.* & 4*d.* per quart
Margarine	6*d.* to 8*d.* per lb.	,, Separated	1½*d.* to 2*d.* per quart
Cheese—			
American	7*d.* to 9*d.* per lb.	Cream	2*s.* to 3*s.* per pint
Cheddar	10*d.* per lb.	Whey	2*d.* per pint
Cheshire	10*d.* per lb.	Bacon, best parts	10*d.* and 11*d.* per lb.
Cream	6*d.* each	Bacon, rolled	7*d.* per lb.
Dutch	7*d.* per lb.	Ham, English	11*d.* & 1*s.* per lb.
Gorgonzola	10*d.* & 1*s.* per lb.	,, American	6*d.* to 8*d.* per lb.
Gruyere	10*d.* & 1*s.* per lb.	Lard	6*d.* to 8*d* per lb.
Stilton	1*s.* per lb.	Pork, Pickled	8*d.* per lb.
Eggs, Hens'	1*s.* to 2*s.* 6*d.* per doz.	Sausages	9*d.* to 1*s.* per lb.
,, Ducks'	1*s.* to 3*s.* per doz.		

METHODS OF COOKING AND PREPARING FOOD

ROASTING.

Of the various methods of preparing meat this is the most generally appreciated in this country, but it is not the most economical or advantageous, and is not to be recommended for small joints. It is effected by hanging the meat before the fire, and keeping it in motion to prevent the scorching of any particular part. When meat is properly roasted the outer layer of its albumen is coagulated, and thus the natural juices are preventd from escaping. In roasting meat the heat must be strongest at first, and it should then be much reduced. To have a good juicy roast, therefore, the fire must be red and vigorous at the very commencement of the operation. In the most careful roasting some of the juice is squeezed out of the meat, and evaporating on its surface, gives it a dark brown colour, a rich lustre, and a strong aromatic taste. Besides these effects on the albumen, and the expelled juice, roasting melts the fat out of the fat cells.

Constant basting is necessary when roasting meat.

Very good roasts can be made in gas ovens.

In stirring the fire, or putting fresh coals on it, the dripping-pan should always be drawn back, so that there may be no danger of the coal, cinders or ashes falling down into it.

Under each particular recipe there is stated the time required for roasting each joint; but, as a general rule, it may be here noted that for every pound of meat, beef or mutton, in ordinary-sized joints, a quarter of an hour should be allowed.

White meats, and the meat of young animals, require to be very well roasted, both to be pleasant to the palate and easy of digestion. Thus veal, pork, and lamb should be thoroughly done to the centre, and require more time than red meats.

Mutton and beef on the other hand, do not, generally speaking, require to be so thoroughly done, and they should be dressed to the point that, in carving them, the gravy should just run, but not too freely. Of course, in this, as in most other dishes, the tastes of individuals vary; and there are many who cannot partake, with satisfaction, of any joint unless it is what others would call overdressed.

BAKING.

The principal difference between roasting meat and baking it is that, in baking, the fumes caused by the operation are not carried off in the same way as in roasting. Much, however, of this disadvantage is obviated by the improved construction of modern ovens, and especially those in connexion with the best kitcheners and gas-cooking stoves, in which meat, as before stated, can be *roasted* in the oven. With meat baked in the generality of ovens there is undoubtedly a peculiar taste, which does not at all equal the flavour developed by roasting meat.

Should the oven be very brisk, it will be advisable to cover the joint with a piece of white paper, to prevent the meat from being scorched outside before the heat can penetrate into the inside. This paper should be removed half an hour before the time of serving dinner, so that the joint may take a good colour.

By means of a jar many dishes may be economically prepared in the oven. The principal of these are soups, gravies, jugged hare, beef tea ; and this mode of cooking may be advantageously adopted with a ham, previously covered with a common crust of flour and water. There are some dishes which are at least equally well cooked in the oven as by roasting ; thus, a shoulder of mutton and baked potatoes, a fillet or breast of veal, a sucking-pig, a hare well basted, will be received by connoisseurs as well when baked as if they had been roasted. Indeed, the baker's oven, or the family oven, may often, as we have said, be substituted with greater economy and convenience.

BOILING.

Boiling, though one of the easiest processes in cookery, requires careful management. Boiled meat should be tender, savoury, and full of its own juice, or natural gravy ; but, through carelessness, it is too often sent to table hard, tasteless and innutritious. To ensure a successful result the heat of the fire must be judiciously regulated, the proper quantity of water kept up in the pot, and the scum which rises to the surface carefully removed. Only sufficient water to cover the meat should be used in boiling unless the flesh is boiled for the purpose of soup-making.

Many writers on cookery assert that the meat to be boiled should be put into *cold water*, and that the pot should be heated gradually ; but Liebig, the highest authority on all matters connected with the chemistry of food, has shown that meat so treated loses some of its most nutritious constituents. " If the flesh," says the great chemist, " be introduced into the boiler when the water is in a state of brisk ebullition, and if the boiling be kept up for a few minutes, and the pot then placed in a warm place, so that the temperature of the water is kept at 158° to 165°, we have the united conditions for giving to the flesh the qualities which best fit it for being eaten." When a piece of meat is plunged into boiling water, the albumen which is near the surface immediately coagulates, thus forming a coating, which prevents the escape of the internal juice, and most effectually excludes the water which, by mixing with this juice, would render the meat insipid. Meat treated thus is juicy and well flavoured when cooked, as it retains most of its savoury constituents. On the other hand, if the piece of meat be set on the fire with cold water, and this slowly heated to boiling, the flesh undergoes a loss of soluble and nutritious substances while, as a matter of course, the soup becomes richer in these matters. The albumen is gradually dissolved from the surface to the centre ; the fibre loses, more or less, its quality of shortness or tenderness, and becomes hard and tough : the thinner the piece of meat the greater is its loss of savoury constituents. This does not, however, apply to salted meat, which is best cooked by putting in cold water, and being brought very slowly to the boil.

In order to obtain well-flavoured and eatable meat, we must relinquish the idea of making good soup from it, as that mode of boiling which yields the best soup gives the driest, toughest, and most vapid meat. Slow boiling whitens the meat ; and we suspect that it is on this account that it is in such favour with the cooks. The wholesomeness of food is, however, a matter

of much greater moment than the appearance it presents on the table. It should be borne in mind that the whiteness of meat that has been boiled slowly is produced by the loss of some important alimentary properties.

The objections raised to the practice of putting meat on the fire in cold water, apply with equal force to the practice of soaking meat before cooking it, which is so strongly recommended by some cooks. Fresh meat ought never to be soaked, as all its most nutritive constituents are soluble in water. Salted and dried meats, however, require to be soaked for some time in water before they are cooked if they are over-salted and hard.

For boiling meat, the softer the water is the better. When spring water is boiled the chalk which gives to it the quality of hardness, is precipitated. This chalk stains the meat, and communicates to it an unpleasant earthy taste. When nothing but hard water can be procured it should be softened by boiling it for an hour or two before it is used for culinary purposes.

The fire must be watched with great attention during the operation of boiling, so that its heat may be properly regulated. As a rule the pot should be kept in a simmering state, and this cannot be done without vigilance.

The temperature at which water boils, under usual circumstances, is 212° Fahr. Water does not become hotter after it has begun to boil, however long or with whatever violence the boiling is continued. This fact is of great importance in cookery, and attention to it will save much fuel. Water made to boil in a gentle way by the application of a moderate heat is just as hot as when it is made to boil on a strong fire with the greatest possible violence. When once water has been brought to the boiling point the fire may be considerably reduced, as a very gentle heat will suffice to keep the water at its highest temperature.

The scum which rises to the surface of the pot during the operation of boiling must be carefully removed or it will attach itself to the meat, and thereby spoil its appearance. The cook must not neglect to skim during the whole process, though by far the greater part of the scum rises at first. The practice of wrapping meat in a cloth may be dispensed with if the skimming be skilfully managed. If the scum be removed as fast as it rises, the meat will be cooked clean and pure and come out of the vessel in which it was boiled, much more delicate and firm than when cooked in a cloth.

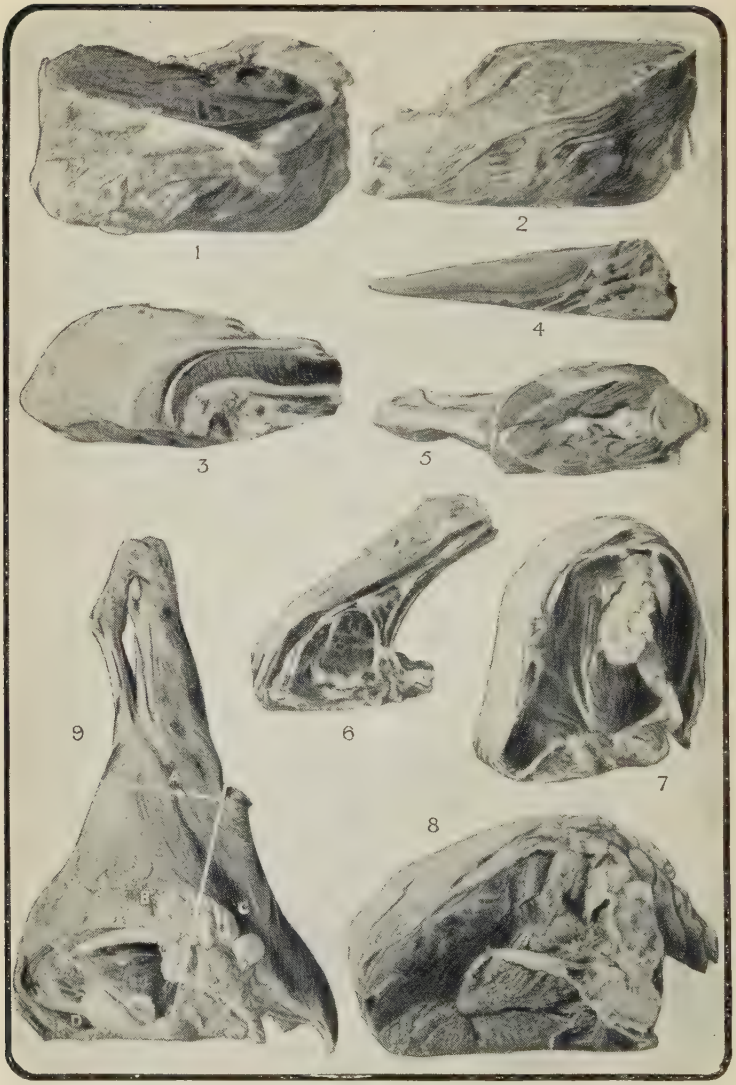
When taken from the pot the meat may be wiped if necessary with a clean cloth, or a sponge previously dipped in water and wrung dry. The meat should not be allowed to stand a moment longer than necessary, as boiled meat cannot be eaten too hot.

The time allowed for boiling must be regulated according to the size and quality of the meat. As a general rule, a quarter of an hour or twenty minutes, reckoning from the moment when the boiling commences, may be allowed for every pound of beef or mutton. Veal requires from 20 to 25 minutes per lb., and pork 25 to 30 minutes.

A few observations on the nutritive value of salted meat may be properly introduced in this place. Every housewife knows that dry salt in contact with fresh meat gradually becomes fluid brine. The application of salt causes the fibres of meat to contract, and the juice to flow out from its pores. Now, as this juice is pure extract of meat containing albumen, osmazome, and other valuable principles, it follows that meat which has been preserved by the action of salt can never have the nutritive properties of fresh meat.

KITCHEN UTENSILS.

1. Household Weighing Machine. 2. Oval Boiling Pot. 3. Turbot Kettle. 4. Copper Preserving Pan. 5. Fish Kettle. 6. Bain Marie Pans. 7. Iron Stockpot with Tap. 8. Saucepan and Steamer. 9. Steak Tongs. 10. Fish Slice.



1. Round. 2. Aitchbone. 3. Brisket. 4. Tongue. 5. Leg. 6. Ribs. 7. Sirloin. 8. Buttock: E. Topside or Buttock, F. Silverside or Round. 9. Hind-quarter: A. Leg, B. Buttock, C. Thick Flank, D. Aitchbone.

Fish, to be boiled, should as a rule be put into *warm* water, and the white-fleshed ones take less time to cook than the red.

Salmon should be put into *boiling* water to preserve its colour.

Poultry should be put into warm water, and be simmered very slowly. The skimming must not be neglected, or the flesh will lose its whiteness.

The vessels used for boiling should be made of cast iron, well tinned within and provided with closely fitting lids. They must be kept scrupulously clean, otherwise they will render the meat cooked in them unsightly and unwholesome. Copper pans, if used at all, should be reserved for operations that are performed with rapidity; as, by long contact with copper, food may become dangerously contaminated. The kettle in which a joint is dressed should be large enough to allow room for a good supply of water; if the meat be cramped and be surrounded with but little water, it will be stewed, not boiled.

STEWING.

In stewing it is not requisite to have so great a heat as in boiling. A gentle simmering in a small quantity of water, so that the meat is stewed almost in its own juices, is all that is necessary. The great merit that this process of cooking possesses is that it will render palatable and nutritious parts of meat that could not be eaten if cooked by any other mode, and it is one of the most (if not *the* most) economical ways of cooking.

It has been said of a frying-pan and a stewpan, that the former is "the poor man's enemy," the latter "his friend."

Too often stewing is confounded with boiling, but they are actually different modes. *A stew should never boil*, as the meat will harden. Cook slowly and long. A large fire is not needed, and there is no process of cooking so easy as stewing. With a gentle heat under the pan we may leave a stew, as one cannot a roast or boil, to take care of itself. According to the quality of the meat so must the heat of the water used for stewing be regulated. For hard, gristly parts, or for an old fowl, cold water to start with is best, but it may be brought to boiling point before a prime steak of other good piece of meat be put in.

FRYING.

This very favourite mode of cooking may be accurately described as boiling in fat or oil. Substances dressed in this way are generally well received, for they introduce an agreeable variety, possessing, as they do, a peculiar flavour. By means of frying, cooks can soon satisfy many requisitions made on them, it being a very expeditious mode of preparing dishes for the table, and one which can be employed when the fire is not sufficiently large for the purposes of roasting and boiling. The great point to be borne in mind in frying is that the liquid must be hot enough to act instantaneously, as all the merit of this culinary operation lies in the invasion of the boiling liquid, which carbonizes or burns at the very instant of the immersion of the body placed into it. It may be ascertained if the fat is heated to the proper degree by cutting a piece of bread and dipping it in the frying-pan for five or six seconds; and if it be firm and of a dark brown when taken out, put in immediately what you wish to prepare; if it is not let the fat be heated until of the right temperature. This having been effected, moderate the fire, so that the action may not be too hurried, and that by a continuous heat the juices of the substance may be preserved and its flavour enhanced. A frying basket or kettle must be used for fish and other things that do not supply any fat in themselves. They should be *immersed* in the fat used for frying them, and

such things as rissoles and croquettes cannot be properly cooked by dry frying. The oil, butter, or lard used need not be wasted, but can be strained and put away for another frying. All dishes fried in fat should be drained on a piece of paper or a cloth and reversed, and there left for a few minutes, so that any superfluous greasy moisture may be removed.

BRAISING.

This is one of the most delicious ways of cooking meat, etc., Heat given below by means of the stove on which the braising-pan is placed, and heat above with the hot cinders with which the upper part of the vessel is filled, produces-the effect that is obtained by first browning, then stewing.

The meat to be cooked is placed in the pan with sufficient stock just to moisten it, and vegetables, seasoning, herbs, and spice to thoroughly well flavour it, then the lid is set on, and the whole may be left, as a stewpan, almost to take care of itself. The vegetables, etc., are to help form and flavour the gravy, and when dry meats are cooked in this way they may be larded with advantage the larded side being uppermost; crispness to the lardoons will be given by the heat above.

The gravy obtained by this method of cookery should be strained, a little browning, thickening, and seasoning added if necessary, and served poured over the meat.

BROILING.

This may be done over the fire, but the orthodox way is to enclose the article to be cooked in a broiler, which is hung in front of the fire. This should be heated and the wires greased before using. An old-fashioned Dutch oven may be used for this mode of cooking.

GRILLING.

To grill successfully depends very much upon the fire, which should be clear and hot. A little coke put with the coal makes the red, bright heat so essential for the grill, and it is better to cook in any other way than to attempt grilling over a dull or smoky fire. Well hung, juicy meat is served to perfection by grilling.

The grid should first be well heated, then rubbed over with perfectly sweet suet, and meat laid upon this, exposed at once to a fierce heat, will retain its flavour and juices. Beef and mutton are generally preferred with some little red gravy left in, but veal cutlets or pork chops, after the first exposure to the red heat, should be lifted higher from the fire, as they need cooking through. The meat should be turned often upon the grid so as to avoid burning, but not with a fork.

SAUTÉING.

Is a sort of combination of frying and stewing. The pan used is a very shallow kind of stewpan, in which a little butter or very well clarified fat is melted, then the chop, kidney, or whatever is to be cooked is put into this, and when nearly done the fat is drained off and the article finished in sauce or stock.

STEAMING.

The great importance and usefulness of this mode of cooking has till of late been overlooked, but now we begin to realize that steaming is one of the most economical ones known—economical in more than one sense. Not only is a saving of fuel effected by putting, say a steamer full of potatoes over a boiling cabbage, thus using only one space on a stove for two vegetables, but the saving in the actual bulk and worth of articles steamed is great. It is such an easy, simple mode of cooking that it should be a popular one. Take, for example, a pudding, say a batter one. This is placed in the steamer over a boiling saucepan containing something

not too strong in flavour to impart smell or taste to the steam given out, and there can be no anxiety on the part of the cook as to the result of the cooking of the pudding, no fear of its being watery or heavy as it may be if boiled, provided it be taken out directly it is done.

For some months of the year before new potatoes are within the reach of the majority, the old ones are almost invariably best when cooked by steam. Meat cooked by steam is delicate in flavour but unlike vegetables it must be put in a tin of a smaller size than the bottom of the steamer, as it is necessary to preserve the gravy. Slow cooking of this gives more gravy than could be obtained from the water in which a joint is boiled. Double and treble steamers are sometimes used, but for ordinary family cooking two fitted saucepans would be found sufficient.

The rules for steaming are simple enough: To keep the pot underneath that supplies the steam boiling, and to only cook such viands by means of the combination as are not likely to affect one another by smell or taste. Steaming is most useful for re-heating cooked vegetables or other foods.

LARDING.

Dry meats and poultry are far better if larded, and with very little practice larding will not be difficult.

Bacon sold specially for the purpose must be sliced thinly, not more than a quarter of an inch thick, and this must be again cut in strips. about three to the inch for a large surface or narrower for a small bird or pieces of meat. The lardoons must then be put into the split end of the needle and drawn through the 'flesh as we should draw an ordinary cotton through, leaving equal quantities projecting where the needle enters and is drawn out.

The usual length for lardoons is from 1½ to 2 inches, but long strips may be used run in and out again several times as we use cotton, but this is more difficult, particularly in hot weather when the bacon is apt to get soft and break. It should be always kept in a cool place to render it hard and firm, and if it can be laid on ice for a time so much the better. A guinea fowl should be larded, and the breast of a turkey is better for being so treated; veal also gains much in flavour by larding.

When the larding is completed, if the pieces look at all uneven or ragged, they may be snipped into equality with a sharp pair of scissors.

BARDING

consists of placing thin slices of larding bacon with little incisions in them completely to cover that which should be otherwise larded. The bacon may be left on baked or roast articles when the bird or meat is sent to table, when if a little glaze is at hand it should be brushed over with it, but it should be removed from boiling foods. A string should be used to tie these sheets of bacon upon the article barded. This way of treating poultry and game saves time in the basting that must otherwise be done.

BROWNING.

Namely to give a bright brown colour to the upper part of many baked dishes, must be done with a salamander or, failing this, a hot shovel. Either one or the other is made red hot and held for a few moments over the dish till a bright brown colouring is given.

Such things as scalloped oysters and macaroni cheese are often quite cooked without being brown on the top, and if allowed to remain in the oven till the required colour is reached, they will become too dry.

Gas ovens are fitted so that no salamander is needed, but articles cooked in a kitchener or range oven very often require one to make them look inviting in appearance.

THE COOK'S TIME TABLE

Times to Allow for Cooking.

When consulting these tables the following facts must be borne in mind :—

In every instance the times allowed for Cooking have been estimated by good average fires, properly kept up and suitable for each particular thing.

That during roasting or baking the joints, etc., have been carefully basted and looked after.

That in boiling the times stated have been after the water boils, and that the skimming has not been neglected.

From these tables it should be found easy to reckon the times to allow for cooking joints of different weights to those given, by adding or deducting in proportion to that stated. Thus, if a joint of ribs of beef weighing 8 lb. takes 2 hours to roast, and one of 10, 2½ hours, the time allowed will be found 15 minutes to the lb. between those weights, therefore a joint of 9 lb. should take 2¼ hours if cooked in the same manner.

TIMES TO ALLOW FOR COOKING BEEF BY VARIOUS METHODS.

Joint.	How Cooked.	Weight.	Time.	Weight.	Time.	Weight.	Time.
		lb.	h. m.	lb.	h. m.	lb.	h. m.
Aitch-bone	Boiled	8	2 0	10	2 30	12	2 45
Brisket	Boiled	7	2 0	8	2 15	10	2 30
Ribs	Roasted	8	2 0	10	2 30	12	2 45
,, (Boned)	Roasted	7	2 0	9	2 30	11	2 50
Round	Roasted	6	1 30	9	2 10	12	2 45
*Rump-steak	Grilled	1	0 8	2	0 10	3	0 12
Rump-steak	Fried	1	0 10	2	0 12	3	0 14
Shin	Stewed	6	3 30	8	4 0	10	4 15
Silverside (Salt)	Boiled	7	2 0	10	2 30	14	3 15
Sirloin	Roasted	10	2 35	13	3 15	16	4 0
Heart	Baked	4	1 45	5	1 30	—	—
Tail	Stewed	1½	1 30	2	1 50	—	—
Tongue	Boiled	6	3 15	—	—	—	—

* Time required depends on thickness more than weight.

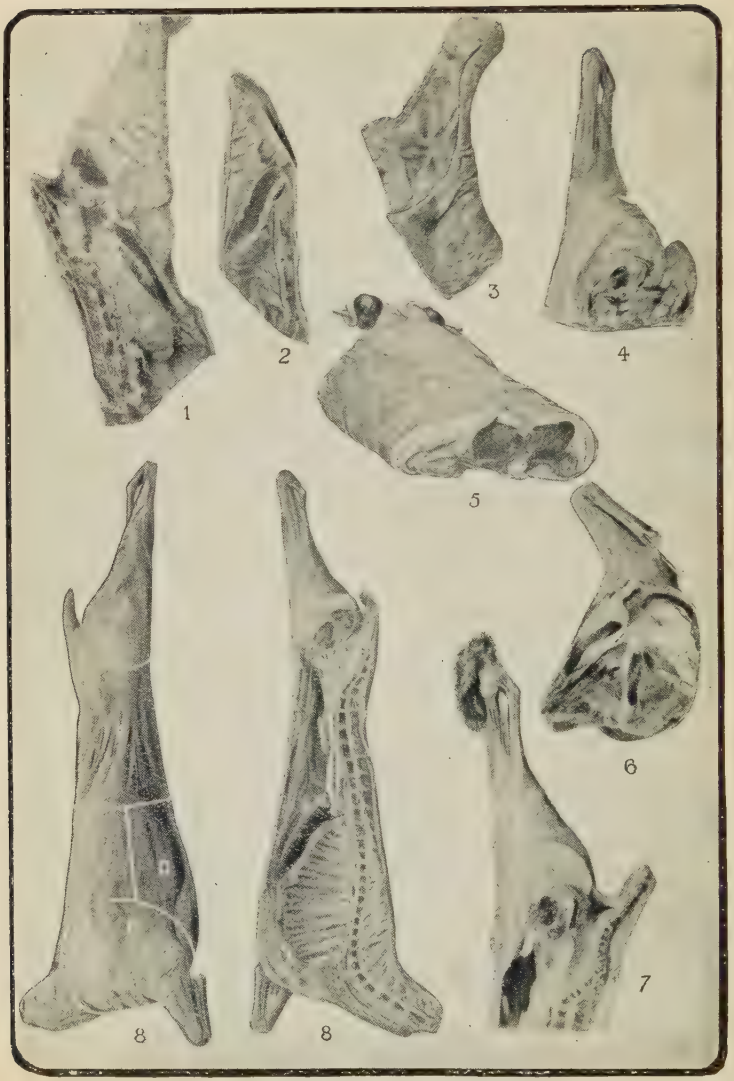
TIMES TO ALLOW FOR COOKING VEAL BY VARIOUS METHODS.

Joint.	How Cooked.	Weight.	Time.	Weight.	Time.	Weight.	Time.
		lb.	h. m.	lb.	h. m.	lb.	h. m.
Breast	Stewed	6	2 15	8	2 20	10	3 0
Cutlet	Fried	1	0 12	2	0 15	3	0 18
Fillet	Roasted	9	3 45	12	4 15	14	4 30
Knuckle	Stewed	3	2 20	5	2 45	6	3 0
Loin	Roasted	10	2 50	12	3 10	16	3 20
Shoulder	Roasted	8	3 15	10	3 30	12	4 0
Shoulder	Stewed	8	3 30	10	3 50	12	4 10
Head	Boiled	12	2 30	13	2 45	14	3 0
Head	Stewed	12	4 40	13	4 50	14	5 0
Heart	Roasted	1	0 40	1½	0 50	—	—
Sweetbread	Stewed	1	0 25	1½	0 30	—	—

MARKETING GUIDE: PORK AND VEAL.

1. Side of Pork: A. Leg, B. Belly, C. Loin, D. Hand, E. Spare Rib. 3. Loin. 4. Hand and Spring, and Belly. 5. Loin (side view): F. Fore-end, G. Middle Loin, H. Hind Loin. 6. Leg. 2. Neck of Veal. 7. Side of Veal: A. Knuckle, B. Fillet, C. Loin, D. Breast, E. Best End of Neck, F. Shoulder, G. Scrag.

MARKETING GUIDE: MUTTON.



1. Hind Quarter. 2. Breast. 3. Neck. 4. Leg. 5. Saddle. 6. Shoulder. 7. Haunch. 8. Side: A. Leg, B. Loin, C. Best End of Neck, D. Breast, E. Shoulder, F. Scrag.

TIMES TO ALLOW FOR COOKING MUTTON BY VARIOUS METHODS.

Joint.	How Cooked.	Weight.	Time.	Weight.	Time.	Weight.	Time.
		lb.	h. m.	lb.	h. m.	lb.	h. m.
Breast	Boiled	3	1 30	4	1 45	5	2 0
Haunch	Roasted	10	3 20	12	0	16	4 30
Leg	Boiled	7	2 0	10	2 30	12	3 0
Leg	Roasted	7	2 0	10	2 30	12	2 45
Loin	Roasted	6	1 40	7	1 50	8	2 10
Neck (Best End)	Roasted	3	0 50	4	1 0	5	1 20
,, (Scrag)	Stewed	1	1 45	1½	2 0	2	2 10
Saddle	Roasted	12	3 0	14	3 15	16	3 35
Shoulder	Roasted	6	1 30	8	1 45	9	2 0
Head	Boiled	5	1 30	6	1 45	7	2 0
Heart	Roasted	0½	0 30	—	—	—	—
Kidney	Grilled	1	0 6	—	—	—	—

TIMES TO ALLOW FOR COOKING LAMB BY VARIOUS METHODS

Joint.	How Cooked.	Weight.	Time.	Weight.	Time.	Weight.	Time.
		lb.	h. m.	lb.	h. m.	lb.	h. m.
Breast	Stewed	1	1 10	2	1 20	3	1 30
Fore-quarter	Roasted	6	1 20	7	1 35	8	1 45
Hind-quarter	Roasted	7	1 35	8	1 45	9	1 50
Leg	Roasted	3	1 20	4	1 30	6	1 40
Loin	Roasted	3	0 50	4	1 5	5	1 15
Neck (Best End)	Baked	2	0 40	3	0 50	4	1 0
Shoulder	Roasted	3	0 50	4	1 0	5	1 10

TIMES TO ALLOW FOR COOKING PORK BY VARIOUS METHODS.

Part.	How Cooked.	Weight.	Time.	Weight.	Time.	Weight.	Time.
		lb.	h. m.	lb.	h. m.	lb.	h. m.
Ham (Smoked)	Baked	8	3 45	10	4 0	12	4 20
Ham	Boiled	8	3 50	10	4 15	12	4 30
Hand	Boiled	3	2 0	4	2 15	5	2 25
Fore-loin	Roasted	6	2 15	8	2 40	10	3 0
Hind-loin	Roasted	6	2 15	8	2 40	12	3 0
Leg	Boiled	6	3 0	8	3 30	10	4 0
Leg	Roasted	6	2 15	8	3 10	10	3 30
Bacon	Boiled	2	1 30	4	2 0	6	2 20
Face (half)	Boiled	2	1 30	3	1 40	4	1 50

TIMES TO ALLOW FOR COOKING FISH BY VARIOUS METHODS.

Name.	How Cooked.	Size or Quantity.	Time.	Name.	How Cooked.	Size or Quantity.	Time.
			h. m.				h. m.
Bloaters ..	Grilled	Medium	0 5	Iaice ..	Broiled	Small	0 5
Brill	Boiled	Medium	0 20	,, (Fillets)	Fried	Large	0 5
Cod (Head)	Boiled	Medium	0 30	Salmon ..	Boiled	8 lb.	1 0
,, (Middle)	Boiled	3 lb.	0 30	,, (Head,) Sho'ld'rs)	Boiled	3 lb.	0 30
,, Steaks ..	Fried	Thick	—				
John Dory..	Boiled	Medium	0 25	,, (Middle)	Boiled	3 lb.	0 30
Eels	Souché	2 lb.	0 35	,, (Tail)	Boiled	3 lb.	0 28
Eels	Stewed	2 lb.	0 45	,, Cutlets	Fried	Thick	0 7
Flounders ..	Fried	Small	0 5	Shad ..	Boiled	Medium	0 40
Haddocks ..	Baked	Large	0 45	Smelts ..	Fried	1 doz.	0 5
,, Dried	Broiled	Medium	0 5	Soles ..	Boiled	Large	0 9
Herrings ..	Baked	Medium	0 30	Soles ..	Fried	Medium	0 7
Lobster ..	Boiled	Large	0 40	Sprats ..	Fried	Medium	0 3
Lobster ..	Boiled	Small	0 30	Trout ..	Baked	Medium	0 30
Mackerel ..	Boiled	Large	0 13	Trout ..	Stewed	Medium	0 40
Mackerel ..	Broiled	Small	0 10	Turbot ..	Boiled	Large	0 30
Mullet (Red)	Baked	Medium	0 25	,, (Cut) ..	Boiled	2 lb.	0 15
,, (Grey)	Baked	Medium	0 30	,, (Fillet'd)	Fried	Medium	0 10
Oysters ..	Scallop'd	Small tin	0 15	Whitebait	Fried	1 quart	0 1½
Plaice ..	Fried	Medium	0 5	Whiting ..	Fried	Small	0 6

TIMES TO ALLOW FOR COOKING POULTRY AND GAME BY VARIOUS METHODS.

Name.	How Cooked.	Size or Quantity.	Time.	Name.	How Cooked.	Size or Quantity.	Time.
			h. m.				h. m.
Ducklings ..	Roasted	Medium	0 35	GuineaFowl	Roasted	Medium	1 0
Ducks ..	Roasted	Large	1 0	Larks ..	Baked	1 doz.	0 15
Fowl	Boiled	Large	1 0	Pigeon ..	Grilled	Medium	0 15
Fowl	Boiled	Medium	0 45	Pigeon ..	Stewed	Medium	0 30
Fowl	Roasted	Medium	0 50	Rabbit ..	Boiled	Medium	0 40
Goose	Roasted	Large	1 50	Rabbit ..	Roasted	Large	0 50
Goose ..	Roasted	Small	1 25	Turkey ..	Boiled	Medium	1 45
Blackcock ..	Roasted	Large	0 50	Turkey ..	Roasted	Large	2 40
Duck (Wild)	Roasted	Medium	0 25	Plover ..	Roasted	Medium	0 12
Grouse ..	Roasted	Medium	0 30	Ptarmigan	Roasted	Medium	0 35
Hare	Jugged	Medium	3 30	Quail ..	Roasted	Medium	0 25
Hare	Roasted	Large	1 55	Snipe ..	Roasted	Medium	0 20
Leveret ..	Roasted	Medium	0 45	Teal ..	Roasted	Medium	0 12
Partridge ..	Roasted	Medium	0 30	Venison	Roasted	Large	4 30
Pheasant ..	Roasted	Large	0 50	Haunch	Roasted	Small	3 0
Green Goose	Roasted	Medium	0 50	Woodcock	Roasted	Medium	0 25

WEIGHTS AND MEASURES

WEIGHTS AND MEASURES.

Avoirdupois Weight.

27½	Grains	= 1	Dram
16	Drams	= 1	Ounce
16	Ounces	= 1	Pound (lb.)
14	Pounds	= 1	Stone
28	Pounds	= 1	Quarter (qr.)
4	Quarters	= 1	Hundredwt.
20	Hundredwt.	= 1	Ton

Troy.

24	Grains	= 1 Pennywt.	= 24 grs
20	Pennywts.	= 1 Ounce	= 480 ,,
12	Ounces	= 1 Pound	= 5760 ,,

Apothecaries'.

			Troy
20	Grains	= 1 Scruple =	20 grs.
3	Scruples	= 1 Drachm =	60 ,,
8	Drachms	= 1 Ounce =	480 ,,
12	Ounces	= 1 Pound =	5760 ,,

Apothecaries compound their medicines by this weight, and buy and sell their drugs by avoirdupois.

Apothecaries' Fluid Measure.

60	Minims	= 1	Fluid Drachm
8	Drachms	= 1	Ounce
20	Ounces	= 1	Pint
8	Pints	= 1	Gallon

Liquid Measure.

4	Gills	= 1	Pint (pt.)
2	Pints	= 1	Quart (qt.)
4	Quarts	= 1	Gallon (gall.)

Dry Measure.

2	Gallons	= 1	Peck (pk.)
4	Pecks	= 1	Bushel (bush.)
3	Bushels	= 1	Sack
12	Sacks	= 1	Chaldron
8	Bushels	= 1	Quarter (qr.)
5	Quarters	= 1	Load (ld.)

Cloth.

2¼	Inches	= 1	Nail
4	Nails	= 1	Quarter
4	Quarters	= 1	Yard
3	Quarters	= 1	Flemish Ell
5	Quarters	= 1	English Ell
6	Quarters	= 1	French Ell

It will also be convenient to remember that:—

Sixty drops of any thin liquid are equal to *one teaspoonful.*

Two teaspoonfuls to one *dessert-spoonful.*

Four teaspoonfuls to one *table-spoonful.*

Three tablespoonfuls to one *wine-glassful.*

Four wineglassfuls to one *tumbler-ful.*

1 lb. Wheat Flour is equal to about one quart.

1 lb. 2 oz. Indian Meal to one quart.

1 lb. Butter, when soft, to one quart.

1 lb. Loaf Sugar (broken) to one quart.

1 lb. 1 oz. of White Sugar (pounded), or best moist, to one quart.

1 lb. 2 oz. Brown Sugar to the quart.

8 or 9 Hen's Eggs (ordinary size) before they are broken weigh about one pound.

NOTE

It will be seen by reference to the following Recipes that a very clear and intelligible system has been pursued in explaining the preparation of each dish. We would recommend the young housekeeper, cook, or whoever may be engaged in the important task of "getting ready" the dinner, or meal, to practically follow precisely the order in which each Recipe is given. Thus, let them first place on their table all the INGREDIENTS *necessary; then the method of preparing will be easily managed. By a careful reading, too, of the Recipes, there should not be the slightest difficulty in arranging a repast for any number of persons, and an accurate notion will be gained of the* TIME *the cooking of each dish will occupy, of the periods at which it is* SEASONABLE, *as also of its* AVERAGE COST.

The prices are based on a careful study of London market lists. As stated, the prices are average only, and must be modified according to season, and the supply and demand in particular districts.

STOCK AND SOUPS

STOCK FOR SOUPS.

A stock pot should be found in every kitchen, for by its use every scrap of bone, gristle, or trimming that in its absence would probably be thrown away, will be made to yield stock or gravy, and thus form the base of nourishing soup or savoury stew. A brown earthenware stewing vessel makes a capital stockpot, although it lacks the strainer and tap, which many deem indispensable. When serving its purpose, it may be kept by the side of the fire, or placed in the oven, and in cold weather the daily emptying and straining are unnecessary. The stock will not turn sour if kept either at simmering point on the stove, or in a cool larder. Let it be nearly boiling or quite cold, for both animal and vegetable matter quickly decompose when kept just warm for any length of time.

In making stock, the meat or bones should be put into cold water, the bones being broken and the meat cut up, so as to expose as much surface as possible to the action of the water. If the stock is for immediate use, vegetables should be added when the stock boils, but not otherwise. Just before boiling point is reached, stock for clear soup should be well skimmed, a little salt, or a small quantity of cold water will help the scum to rise. The usual allowance of water is one quart to each pound of meat. The stock should simmer gently for at least six hours, the pot being closely covered meanwhile, otherwise the loss by evaporation will be considerable.

The liquor in which poultry has been boiled may be easily converted into a good white soup, while meat broth makes a capital stock for pea, bean, lentil, and many brown soups. The water in which a ham has been boiled may also be used, but it should be allowed to cool before it is used, so that the fat may be removed.

Vegetables should always be used very sparingly in making stock, otherwise their flavour will overpower that of the meat. The following rules and directions should be observed in making stock.

(1) White stock is usually made from veal bones, remains of poultry, and calves' feet.

(2) Beef makes the best brown stock, but it lacks gelatinous substance. A little veal, a few veal bones, or necks of chicken may be added to give body to the stock.

(3) Stock meat should be as lean and as fresh as possible. It may be wiped with a damp cloth, but never washed.

(4) Meat should be cut into small pieces, to multiply the surfaces to be exposed to the softening and dissolving influences of the water.

(5) The meat should be allowed to stand in the water for a time, and the water should very slowly be brought to boiling point.

(6) The vegetables must be whole, or in large pieces, and never added until the stock has been boiled and been thoroughly skimmed.

(7) When cold the fat should be removed from the surface.

GENERAL DIRECTIONS

The exact amount of stock or water required as the basis, say, of one quart of soup, varies considerably. It depends in some measure on whether the soup is quickly made or one of slow process, but chiefly on the rate of cooking, and whether the lid of the vessel is kept on to prevent waste by evaporation. If the liquid becomes greatly reduced by rapid boiling, being closely covered meanwhile, it has simply become concentrated in strength and flavour, and water may be added to make up the original quantity. Should the liquor, however, by being allowed to boil in an uncovered saucepan, have wasted its strength and flavour, sufficient stock, or whatever formed the basis of the soup, must be added to make up the original strength and quantity. The inexperienced cook should take this lesson to heart:—*Cooking cannot be hastened.* Should preparations for a meal have been delayed, nothing is gained and much may be spoiled by placing the saucepan containing soup, meat, or stew on the top of a fierce fire. When once the *slow-boiling* or simmering point has been reached, all excess of heat is wasted, and the benefit of slow progressive cooking is lost.

CLASSIFICATION OF SOUPS.

Clear Soups. The basis of good clear soup is beef stock, with the addition of a little veal, veal bones, or necks of chickens to give it gelatinous substance. The soup is named according to its garnish.

Thick Soups. White, brown, fish or vegetable stock may form the basis of soups of this class, according to the soup required, or a mixture of white stock and milk, all milk, or milk and water for white soups of varying richness. They are thickened by the addition of roux, arrowroot, cornflour, flour, and other farinaceous substances. A liason of cream and yolks of eggs is added to rich soups. Thick soups should have the consistency of cream obtained from milk which has stood 12 hours.

Purees. Soups of this class are thickened by the ingredients of which they are made, e.g., peas, beans and lentils, usually passed through a fine sieve.

Broths. The liquor in which poultry, meat, rabbit, or sheep's head has been cooked.

Vegetable Soups. Vegetable stock or milk forms the basis of these.

GENERAL HINTS.

Vegetables. It must be assumed, unless contrary directions be given, that all vegetables are of average size, but two smaller ones, or half a larger one may be used instead. To avoid repetition, they are spoken of as "prepared," meaning that the onions have been peeled, the carrots scraped, and the turnips pared. As the fibre on the outside of the turnip is very tough, it is advisable and not extravagant to take off a thick *paring.* Potatoes should be pared thinly, because the outer part contains the most nutritious part of the potato.

Herbs. A small bunch of herbs usually described as a "bouquet garni," consists of a sprig of parsley, a bayleaf, thyme, and marjoram. Sparingly used, these herbs improve the flavour of many soups, but they are not indispensable, and one or all of them may be omitted, if not easily procured.

The following table of equivalents will obviate the use of scales in making many of the soups.

TABLE OF EQUIVALENTS.

Measure.	Weight.
Flour, 1 tablespoonful heaped	1 oz.
Rice, 1 tablespoonful level	1 oz.
Semolina, 1 tablespoonful level	1 oz.
Tapioca and sago, 1 tablespoonful level	1 oz.
A piece of butter or fat, the size of a small egg	1 oz.

Tumbler, ½ pint; breakfast cup, ½ pint; tea cup, ¼ pint.

STOCKS

BONE STOCK.

Any kind of bones, cooked or uncooked, may be used to make bone stock. Put them in a small stewpan or small stock-pot, add enough water to well cover, and bring to the boil. Skim, add a peeled onion, a carrot, and a bay-leaf, and simmer for 2 or 3 hours. Season to taste with salt. This stock may be used in place of water for making gravy, soups, and sauces.

BROWNING, CARAMEL, FOR STOCK.

The best way to get brown stock is to fry the meat and bones in a little fat, as directed in the foregoing recipe. Another way to colour stock or any kind of soup or sauce is to add a few drops of caramel. This is obtained by boiling ½ lb. of loaf sugar with ½ gill of water until it is a dark brown, almost black colour. Then add a gill of cold water, and boil again till it acquires the consistency of thick syrup. Put it in a bottle and use as required; it will keep for any length of time.

BROWN STOCK (Economical).

INGREDIENTS.—4 lb. of raw or cooked bones, the neck, cleaned feet, gizzard, and liver of a chicken, the bones and rind of ham or bacon, 2 onions sliced, 2 carrots sliced, 1 turnip sliced, a strip of celery cut into small pieces, 2 oz. of butter or sweet dripping, 12 peppercorns, 2 cloves, 1 tablespoonful of salt, and 1 quart of water to each lb. of meat and bone.

METHOD.—Clean and peel the vegetables. Make the fat hot in a large stewpan, chop or break the bones into small pieces, drain the vegetables thoroughly. Place the bones, herbs, and vegetables in the hot fat, put on the cover of the stewpan, and fry gently until the whole is quite brown, stirring and turning the ingredients occasionally to prevent anything becoming overcooked. Put in the cold water, salt, peppercorns, and cloves, let it come gently to the boil, and remove the scum as it rises. When clear, put on the cover and simmer gently for 5 or 6 hours. Some of the fat used in frying will rise to the surface during the process of simmering and should be taken off with a spoon. When done, strain through a sieve into a large basin, and when cold, remove the fat.

Soup made from this stock may not have a transparent brilliancy, but if gently simmered and carefully cleared it is quite good enough for ordinary purposes. Frying the bones and vegetables before adding the water greatly improves the flavour and colour.

TIME.—6 hours. AVERAGE COST, 6*d.* per quart, 1 lb. of solid material employed for stock should produce about 1½ pints of stock.

FISH STOCK.

INGREDIENTS.—2 lb. of any inexpensive white fish, such as plaice or flounders (the bones and trimmings of fish will serve), 1 onion sliced, a blade of mace, a bouquet-garni (parsley, thyme, bay-leaf), 12 white peppercorns, 1 teaspoonful of salt, 2 quarts of water.

METHOD.—Put all the ingredients together into a clean stewpan, and simmer gently for 1 hour from the time the stock begins to cook, when all that is desirable will have been extracted. Further cooking sometimes imparts a disagreeably bitter taste to the stock. The stock should be well skimmed, strained, and put into a basin. For thick soups and sauces it is ready for immediate use, but for clear fish stock (which is very rarely

used), it would be necessary to clarify it with the whites and shell of eggs, allowing 4 to each quart of stock.

TIME.—1 hour. COST, 6*d.* per qt. QUANTITY, 3 pints of stock.

GRAVY STOCK.

Chop up, rather small, some bones from roast meat, fry them till brown in a pan with a little dripping; pour off all the fat, and add enough stock or water to cover the bones. Season with salt and pepper, and boil for ½ an hour. Strain and use as required.

SECOND STOCK.

Second Stock is usually taken from the stock pot, but the term is used to indicate any stock obtained by adding a second lot of water to meat, etc., from which the greater part of the goodness has already been extracted.

STOCK FOR CLEAR SOUP, TO CLARIFY.

The following is a simple way by which any cloudy stock can be clarified or rendered transparent. Peel, wash, and cut up small the following prepared vegetables:—½ an onion or ½ a leek, 1 small carrot, a piece of celery or some celery leaves; put these into a clean and dry stewpan with a sprig of thyme and marjoram, a sprig or two of tarragon, chervil, 6 peppercorns, the white and shell of an egg (the egg shell must be clean), a little lemon-juice, and a teaspoonful of vinegar. Stir this with a whisk, and add ½ to ¾ lb. of finely-chopped lean beef, moistened with a little cold water, then put in the stock (2 to 3 quarts), which should be cold and free from fat. Bring it to the boil whilst whisking, remove from the fire, and let it simmer gently for about 20 to 30 minutes. Season to taste with salt, etc., and strain through a clean cloth.

COST.—1*s.* 6*d.* per quart.

VEGETABLE STOCK.

INGREDIENTS.—3 carrots, 2 onions, 1 turnip, 2 tomatoes, 1 stick of celery, 1 head of lettuce, a bouquet-garni (parsley, thyme, bay-leaf), a blade of mace, 12 peppercorns, 2 cloves, 3 oz. of butter, 2 quarts of water, 1 teaspoonful of salt.

METHOD.—Cut the onions, turnips and carrots into thin slices and the celery into small pieces. Make the butter hot in a stewpan, put in the vegetables, and fry gently for ½ an hour, keeping the stewpan covered. In the meantime shred the lettuce, and when the vegetables are sufficiently cooked, add it, together with the tomatoes (sliced), herbs, flavourings, seasonings, and water, and bring gently to the boil. Skim off the scum as it rises, then cover and simmer gently for 1½ hours, strain, and it is ready for use.

TIME.—2 hours. COST, 5*d.* per quart. QUANTITY, about 2 quarts.

WHITE STOCK (to be used in the Preparation of White Soups).

INGREDIENTS.—4 lb. knuckle of veal, any poultry trimmings, 4 slices lean ham, 1 carrot, 2 onions, 1 head celery, 12 white peppercorns, 1 oz. salt, 1 blade mace, 1 oz. butter, 4 quarts water.

METHOD.—Cut up the veal, and put it with the bones and trimmings of poultry, and the ham, into the stewpan, which has been rubbed with the butter. Moisten with ½ a pint of water, and simmer till the gravy begins to flow. Then add 4 quarts of water with the remainder of the ingredients, and simmer for 5 hours. Skim and strain carefully through a very fine hair-sieve.

TIME.—5½ hours. AVERAGE COST, 10*d.* per quart.

Note.—When stronger stock is desired, double the quantity of veal, or put in an old fowl. The liquor in which a young turkey has been boiled is an excellent addition to all white stocks or soups.

SOUPS.

ARTICHOKE SOUP.

INGREDIENTS.—2 pints of white second stock or water, 1 pint of milk, 2 lb. of Jerusalem artichokes, 2 onions, 1 strip of celery, 1 oz. of butter, pepper and salt.

METHOD.—Wash the artichokes, put a tablespoonful of vinegar into a basin of water and keep the artichokes in it as much as possible while paring them, to preserve their whiteness. Cut the onions, celery, and artichokes into slices, make the butter hot in a stewpan, fry the vegetables for 10 or 15 minutes without browning; then pour in the stock and boil until tender. Rub through a fine sieve, return to the saucepan, add the milk and seasoning, bring to the boil, and serve.

TIME.—About 1¼ hours. COST, 8*d.* to 10*d.*, without the stock. SEASONABLE from October to February. SUFFICIENT for 6 persons.

Note.—When a thicker soup is desired a dessertspoonful of cornflour or flour should be blended with a little milk or stock, and added to the soup a few minutes before serving.

ASPARAGUS SOUP.

INGREDIENTS.—2 pints of white second stock or water, 1 pint of milk, 50 heads of asparagus, 1 lb. of spinach, 1 oz. of butter, 1 oz. of flour, 2 tablespoonfuls of cream, salt and pepper.

METHOD.—Cut off the points of the asparagus and put them aside, trim the stalks and cut them into small pieces; wash and pick the spinach. Put the stock or water into a stewpan; and when it boils add the asparagus and spinach, and cook until tender (about 40 minutes); then rub through a fine sieve. Have ready a small saucepan of boiling water, put in a little salt and the asparagus points, and cook for 10 or 15 minutes. Melt the butter in the stewpan, sprinkle in the flour, add the milk and stir until it boils, then put in the stock and purée of asparagus and spinach, salt and pepper to taste, and simmer gently for 10 minutes. Place the asparagus points into the tureen, add the cream and necessary seasoning to the soup, and serve.

TIME.—1 to 1½ hours. AVERAGE COST, 2*s.* 6*d.* to 3*s.*, exclusive of stock. SEASONABLE from March to July. SUFFICIENT for 6 persons.

BARLEY SOUP.

INGREDIENTS.—1 pint of white second stock, 1 pint of milk, 1 dessert-spoonful of flour, 1 oz. of butter, salt and pepper, croûtons of fried or toasted bread, 2 tablespoonfuls of fine crushed barley.

METHOD.—Boil the stock and milk together in a saucepan, melt the butter, stir in the flour, add the stock and milk, and stir until it boils. Sprinkle in the barley, stir, and cook until the mixture becomes transparent (about 10 minutes). Season to taste, and serve. The croûtons (small slices of bread cut into shapes) should be either fried in hot fat or cut from thin slices of toast. They should be handed separately, unless directions are given to put them into the soup before serving.

TIME.—20 to 30 minutes. COST, 4*d.* to 5*d.* without the stock. SUFFICIENT for 4 persons. SEASONABLE at all times.

Note.—Rice and tapioca, finely crushed and ground, may also be bought in packets, and will be found useful preparations for soups of this class. When not easily obtainable, ground rice or semolina will be found good substitutes. This class of soup can be made richer by omitting the flour and butter, and in their place using the yolks of 2 eggs, and 2 tablespoonfuls of cream, which should be added to the soup a few minutes before serving.

BEEF, SHIN OF, SOUP.

INGREDIENTS.—2 lb. of shin of beef, 3 quarts of water, 2 oz. of butter or dripping, 1 oz. of flour, 1 onion sliced, 1 carrot sliced, ½ of a turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt.

METHOD.—Heat the butter in a saucepan, put in the prepared onion, carrot, and turnip, and fry them brown. Add the water, the meat cut into small pieces, the bouquet-garni, peppercorns, and a little salt, and simmer gently for 3 or 4 hours. Strain, skim well, reheat, and stir in the flour previously mixed with a little cold water. Boil gently for 5 or 6 minutes, then serve garnished with a little cooked vegetable, macaroni, or other farinaceous substance.

TIME.—From 3½ to 4½ hours. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 5*d.* SUFFICIENT for 8 persons. SEASONABLE at any time.

BONE SOUP.

INGREDIENTS.—3 lb. of bones, cooked or uncooked, 2 carrots, 2 onions, 1 turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, 2 tablespoonfuls of fine sago, crushed tapioca, or semolina, 2 oz. of fat, salt, 5 pints of water.

METHOD.—Break the bones into small pieces, and fry them in the hot fat until well browned. Put in the water and a dessertspoonful of salt, bring to the boil and skim well. Add the prepared vegetables (cut into thick slices), herbs, peppercorns, and cloves, and cook gently for about 5 hours, skimming occasionally. Strain, return to the saucepan, season to taste, and when the soup boils sprinkle in the sago, or whatever farinaceous substance is used, simmer for 10 minutes longer to cook the sago, then serve.

TIME.—About 6 hours. AVERAGE COST, 9*d.* to 1*s.* SUFFICIENT for 7 or 8 persons. SEASONABLE at any time.

Note.—The stock of this soup could be made the day before the soup is wanted, and the sago sprinkled in when re-heated.

BREAD SOUP.

INGREDIENTS.—3 quarts of stock broth, or pot-liquor, 1 lb. of bread-crusts, salt and pepper.

METHOD.—Break the bread into small pieces, and place them in a basin. Boil up the stock, pour sufficient over the bread to cover it, let it remain closely covered until the bread is quite soft, then beat out the lumps with a fork. Add the bread thus prepared to the remainder of the stock, boil up, simmer gently for 10 or 15 minutes, then season to taste, and serve.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 2*d.* when made of second stock. SUFFICIENT for 6 or 8 persons. SEASONABLE at any time.

CABBAGE SOUP.

INGREDIENTS.—2 small young cabbages (finely shredded), 1 tablespoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, 2 pints of boiling water, 1 pint of milk, 2 tablespoonfuls of crushed tapioca (sold in packets) or fine sago, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper, 1 oz. of butter.

METHOD.—Cover the shredded cabbage with boiling water, bring to the boil and strain. Return the cabbage to the saucepan, add to it 2 pints of boiling water, the milk, onion, parsley, butter, salt and pepper, and boil gently for 15 minutes. Sprinkle in the tapioca and cook for about 10 minutes longer, or until the tapioca becomes transparent, then serve.

TIME.—About ½ an hour. AVERAGE COST, 6*d.* to 7*d.* SEASONABLE at any time. SUFFICIENT for 8 persons.

CARROT AND LENTIL SOUP.

INGREDIENTS.—3 quarts of stock or water, 1 pint of lentils, 4 carrots sliced, 2 onions sliced, 1 good lettuce shredded, 2 tablespoonfuls of cooked rice, 2 oz. of butter or fat, salt and pepper.

METHOD.—Let the lentils soak all night, then wash and drain them well. Heat the butter or fat in a saucepan, put in the vegetables, and let them fry slowly for 15 minutes. Now add the lentils and stock or water, season with salt and pepper, cover closely, and simmer gently until the lentils are tender. Pass the whole through a sieve, return to the saucepan, make thoroughly hot, then add the cooked rice, season to taste, and serve.

TIME.—From 2½ to 3 hours. AVERAGE COST, 8*d.*, when made of water. SUFFICIENT for 10 persons. SEASONABLE in winter.

CARROT SOUP.

INGREDIENTS.—10 fresh carrots, 1 onion, 1 leek, 3 oz. of butter or 2 oz. of dripping, 3 pints of boiling stock or water, a few rinds of bacon, sugar, salt and pepper, fried croûtons.

METHOD.—Prepare the vegetables and cut them into small pieces. Melt the butter or fat in a stewpan, put in the vegetables, cover with a close-fitting lid, and cook gently for 1 hour. Add the boiling water or stock and the bacon rinds, and continue the gentle cooking until the vegetables are reduced to a pulp. Pass the whole through a sieve or strainer, then add sugar, salt and pepper to taste, reheat and serve. The croûtons should be handed separately.

TIME.—2 hours. AVERAGE COST, 5*d.* to 6*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

CAULIFLOWER SOUP.

INGREDIENTS.—2 small cauliflowers, 1 oz. of ground rice, 1 gill of cream, 1½ pints of white stock, 2 oz. of crushed tapioca, castor sugar, nutmeg, 1 pint of milk, salt and pepper.

METHOD.—Wash and trim the cauliflowers, cook them in salted water till tender, drain (keep the water) and rub the flower through a fine sieve. Bring the water in which the cauliflower has been cooked to the boil, stir in the crushed tapioca, and simmer for 20 minutes. Mix the ground rice, with a little cold milk, boil up the remainder of the milk with the stock, stir in the ground rice, and cook for a few minutes, stirring all the while; add the cauliflower water, season with salt, pepper, sugar and grated nutmeg to taste, bring it to the boil, put in the cream, and stir a little longer, but do not let it boil again. The soup is now ready for serving.

TIME.—1 hour. AVERAGE COST, 2*s.* SUFFICIENT for 6 persons. SEASONABLE at any time.

CELERY CREAM SOUP.

INGREDIENTS.—3 heads of celery, 4 oz. of butter, 3 oz. of flour, 2 quarts of white stock, 1 pint of milk, ½ pint of cream, salt, pepper, and nutmeg, ½ a teaspoonful of castor sugar, croûtons of fried bread.

METHOD.—Trim the celery, pare off the green parts and wash thoroughly, cut it into small pieces, and blanch in slightly salted water. Drain well, and return to the stewpan with 2 oz. of butter. Cook for a few minutes over a brisk fire without allowing the ingredients to brown, moisten with a little stock, add salt, pepper, and nutmeg to taste, cover, and simmer slowly for 30 minutes. Mix the flour with the remainder of the butter in another stewpan, and cook a little without browning. Dilute with the milk, add the stock and partly-cooked celery, simmer until the

celery is tender, then pass the whole through a fine sieve. Boil again, skim, add the sugar and more seasoning if needed, and lastly the cream. Re-heat without allowing it to boil, and pour into a soup tureen. Hand bread croûtons separately.

TIME.—About 1½ hours. AVERAGE COST 3*s.* to 3*s.* 6*d.* SEASONABLE from September to February. SUFFICIENT for 8 to 10 persons.

CELERY SOUP (Economical).

INGREDIENTS.—2 pints of water, 1 pint of milk, 2 oz. of lean bacon or ham, 1 oz. of butter, 1½ tablespoonfuls of flour, 1 large head of celery, 2 onions, salt and pepper.

METHOD.—Cut the ham into dice or cubes, slice the onions and celery. Melt the butter in a stewpan, fry the vegetables without browning, put in the bacon, salt, pepper, and water, and simmer for 30 or 40 minutes, or until the celery is tender. Strain, rub through a fine sieve, return to the saucepan, add the milk and bring to the boil. Mix the flour with a little milk, stir and cook for 5 or 6 minutes, then season to taste and serve.

TIME.—About 1 hour. AVERAGE COST, 6*d.* to 8*d.* SEASONABLE from September to February. SUFFICIENT for 6 persons.

CHICKEN BROTH.

INGREDIENTS. — 1 chicken, 2 quarts of cold water, 1 small onion, 1 teaspoonful of finely-chopped parsley, 1 blade of mace, 1 tablespoonful of rice (this may be omitted), salt and pepper.

METHOD.—Cut the chicken into small pieces, break the bones, scald and skin the feet, then wash the neck, gizzard, and liver. Put these into a stewpan, add the water and ½ a teaspoonful of salt, bring to the boil, and skim. Add the onion and mace, and cook slowly for 3 hours. Strain, return to the stewpan, bring to the boil, sprinkle in the rice, and simmer for 20 minutes. Add the parsley, season to taste, and serve.

TIME.—3¾ to 4 hours. AVERAGE COST, 3*s.* SEASONABLE at any time. SUFFICIENT for 5 or 6 persons.

CLEAR JULIENNE SOUP.

INGREDIENTS.—3 pints of clear soup, 1 carrot, 1 onion, ½ a turnip, a strip of celery, pepper and salt, ½ oz. of butter.

METHOD.—Prepare the vegetables and cut them into fine strips like small matches, melt the butter in a small saucepan, put in the strips of vegetables with a little salt and pepper, and fry gently for a few minutes, shaking frequently to prevent browning. Drain well to free them from butter, add them to the hot soup, and simmer gently for 15 or 20 minutes, keeping the soup well skimmed.

TIME.—To prepare and cook the vegetables, 40 minutes. AVERAGE COST, 2*s.* 4*d.* SUFFICIENT for 6 persons. SEASONABLE at any time.

Note.—A tablespoonful of cooked green peas, and the same quantity of cooked French beans cut in narrow strips, may be added to the other vegetables. Instead of frying them in butter, they (the turnip, carrot, onion, celery) may be parboiled in salt and water, and afterwards simmered until tender in the stock.

CLEAR MOCK TURTLE SOUP.

INGREDIENTS.—½ a calf's head, 5 quarts of clear second stock (or water), 2 onions, 2 carrots, 1 turnip, 1 strip of celery, bouquet-garni (parsley, basil, marjoram, thyme, bay-leaf), 12 peppercorns, 4 cloves, 2 blades of mace, 2 glasses of sherry, 1 tablespoonful of lemon-juice, ½ lb. of lean beef, ½ lb. of lean veal, the whites and shells of 2 eggs, salt.

METHOD.—Soak the head 24 hours in salt and water, changing it frequently. Then bone the head (the brains and tongue may be used for some other purpose), tie the meat in a thin cloth and break the bones into small pieces; put them into a stewpan, cover with cold water, add a tablespoonful

of salt, let it boil up, strain, and rinse in cold water. Return the meat and bones to the stewpan, put in the stock and a dessertspoonful of salt, boil up, and skim well. Now add the prepared vegetables, herbs, peppercorns, cloves, and mace, and when boiling, remove the scum, put on the cover and cook slowly for about 3 hours, according to the size of the head. Strain, put the meat aside, and when the stock is cold remove the fat, and clarify with the coarsely-chopped beef and veal, and whites of eggs. Return to the saucepan with the sherry, the lemon-juice, and a little of the meat of the head cut into small pieces. Add necessary seasoning, boil up and serve.

This recipe may be thickened with a tablespoonful of arrowroot when a thicker soup is required.

The remainder of the calf's head can be used for an entrée.

TIME.—To prepare the stock, 3½ to 4 hours. To clarify and re-heat, 40 to 60 minutes. AVERAGE COST, 5*s.* 9*d.*, with stock. SUFFICIENT for 12 or 14 persons. SEASONABLE at any time.

CLEAR MULLIGATAWNY.

INGREDIENTS.—2 quarts of ordinary stock, 2 onions sliced, 1 apple sliced, 1 tablespoonful of mild curry-powder, ½ a tablespoonful of salt, the whites and shells of 2 eggs, the juice of 1 lemon.

METHOD.—Put the stock, onions, apples, curry-powder (previously mixed smoothly with a little cold water), and salt into a well-tinned stewpan, put on the cover and simmer gently for 1½ hours, then strain. When cold, add the eggshells crushed and the whites stiffly whipped, let the soup boil up again and simmer for a few minutes, then strain, reheat, add the lemon-juice and any necessary seasoning, and serve with boiled rice handed round separately or put in the soup.

When convenient, a little cooked chicken should also be served, cut into dice or cubes, and warmed in the soup a few minutes before serving.

TIME.—To make the soup, 1¼ to 1½ hours. To clear and re-heat the soup, 30 to 40 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 6 persons. SEASONABLE at any time.

CLEAR OX-TAIL SOUP.

INGREDIENTS.—1 ox-tail, 1 carrot, ½ a turnip, 1 onion, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 2 cloves, 1 blade of mace, 3 quarts of CLEAR ordinary stock, salt, the whites and shells of 2 eggs.

METHOD.—Cut the tail into short lengths, cover with cold water, add a little salt, bring to the boil and strain. Return to the saucepan with the vegetables, flavourings, and seasonings, simmer gently for four hours, keeping the stewpan covered, strain, put the meat aside, and when the stock is cold remove the fat. Clarify with the whites and shells of the eggs, strain, reheat, and serve garnished with pieces of the tail, and a little carrot and turnip cooked and cut into some fancy shape. A glass of sherry is sometimes added when reheating, also a tablespoonful of arrowroot, previously mixed smoothly with a little stock, when a slightly thickened "clear" soup is desired.

TIME.—To make the soup, from 4 to 4½ hours. To clarify and reheat 30 to 40 minutes. COST, 2*s.* 9*d.* to 3*s.* 3*d.* SUFFICIENT for 9 or 10 persons. Seasonable at any time.

Note.—The larger pieces of tail should be reheated in brown sauce, or a good curry sauce, and served as a dish for luncheon.

CLEAR SOUP.

INGREDIENTS.—2 quarts of brown stock, 1 lb. of neck of beef (lean) finely chopped, or passed two or three times through the mincing machine, the whites and shells of 4

eggs, 1 carrot cut in two or three pieces, 1 onion (left whole), a strip of celery, 12 peppercorns, 6 allspice, 2 cloves, salt.

METHOD.—The stock should be cold and quite free from fat. Put it into a clean well-tinned stew pan, add the vegetables, flavourings, seasonings, the shells of the eggs crushed, and the whites stiffly whipped, and whisk all together over a gentle fire until just on boiling point, then let it simmer about ½ an hour. Strain through a clean, dry cloth, re-heat and season to taste before serving. A glass of sherry, a dessertspoonful of French vinegar or lemon-juice, and a pinch of castor sugar, may be added when reheating the soup.

TIME.—About 1 hour. AVERAGE COST, 3*s.* to 3*s.* 6*d.* SEASONABLE at any time. SUFFICIENT for 8 or 9 persons.

COCK-A-LEEKIE SOUP.

INGREDIENTS.—A small fowl for boiling, 1 carrot, 1 turnip, 1 onion, 2 cloves, 1 small bunch of young leeks, 2 oz. of rice, salt and pepper.

METHOD.—Truss the fowl for boiling, put it in a large stewpan or stock-pot, with enough water to well cover it, add a little salt, and let it come to the boil. Remove the scum, then add the carrot, turnip (previously cleaned), and the onion, peeled and stuck with the cloves. When the fowl is tender take it out. Wash the leeks, trim off the roots and outside leaves, and cut into 1-inch lengths. Strain the broth (which should measure about 3 pints) into another stewpan, add the leeks and the rice, previously washed and blanched. Boil for about ½ an hour, season to taste, cut the fowl in half, divide one half into very small pieces and put these with the soup. Use the remainder for some other purpose. Before serving, add a teaspoonful of chopped parsley to the soup. If perferred, the fowl need not be served in the soup, but it is essential that this soup should be made from chicken stock.

TIME.—About 1½ hours. AVERAGE COST, 2*s.* 10*d.* SUFFICIENT for 6 persons.

COTTAGE SOUP.

INGREDIENTS. — 2 lb. of lean neck of beef, ½ lb. of streaky bacon, 1 onion, 1 carrot, ½ a turnip, 2 lb. of potatoes, 2 oz. of dripping, 1 tablespoonful of rice, salt, pepper, and 2 quarts of water.

METHOD.—Cut the meat into thin slices, the bacon into dice or cubes, and the soup vegetables into thin slices. Melt the fat in a stewpan, fry the bacon, meat, and onion until nicely browned, then add the sliced vegetables, the water, salt and pepper, cover closely and simmer for 1 hour. Meanwhile the potatoes should have been prepared, and if very large, cut in two. Add them to the soup, and when they have been cooking ½ an hour sprinkle in the rice. Cook gently for another ½ hour (2 hours altogether), and if the potatoes and rice are tender, season the soup to taste and serve.

TIME. — 2½ hours. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 6 persons. SEASONABLE at any time.

COW-HEEL SOUP.

INGREDIENTS. — 1 cow-heel, 3 pints of water, 1 onion, 1 carrot, 1 strip of celery, 1 tablespoonful of sago or crushed tapioca, chopped parsley, lemon-juice, salt, pepper, grated nutmeg.

METHOD.—Clean and scald one cow-heel, divide into 4 parts and put them in a stewpan with the cold water. Add a good pinch of salt, boil up, skim, and add soup, vegetables (onion, carrot, and celery). Let these simmer gently for 3 hours or longer, then strain and season. Remove some of the meat from the bones and cut it into very small pieces; put these with the broth, let it boil, and stir in a tablespoonful of sago or crushed

tapioca. Boil for another 25 minutes, then serve, adding a little chopped parsley and lemon-juice just before sending it to table. This soup, when well made, is both good and nourishing.

TIME.—3 to 4 hours. COST, *1s. 9d.* SUFFICIENT for 4 persons. SEASONABLE at any time.

CUSTARD FOR CLEAR SOUP.

INGREDIENTS.—2 whole eggs, 2 yolks of eggs, 1½ gills of milk and 1 gill of white stock, salt and pepper.

METHOD.—Beat up the eggs in a basin, add the stock, and season with salt and pepper and a little grated nutmeg. Strain this into a well-buttered plain tin mould; stand it in a stewpan containing a little boiling water, cover the mould with a buttered paper, and let it poach in a moderately heated oven for 20 minutes. When done, take out the mould and put in a cool place. Turn out when cold, and cut the custard into dice, cubes or other fanciful shapes (known as Royal). Use for garnish in clear or thick soups.

TIME.—20 to 30 minutes. AVERAGE COST, *6d.* SUFFICIENT for 3 or 4 quarts of soup.

Note.—A nice savoury custard for soups may be made by dissolving a small spoonful of Lemco in a teacupful of boiling water and then mixing two beaten eggs with it. Put the mixture into a small basin, and steam for about twenty minutes. When cold, cut into thin slices, and stamp out fancy shapes with a cutter, or cut into diamond shapes.

EEL SOUP.

INGREDIENTS.—1 medium sized onion, 1 oz. of dripping or butter, 1 skinned eel, 3 pints of stock or water, 1 tablespoonful of crushed tapioca or sago, salt, pepper, chopped parsley.

METHOD.—Peel and slice the onion, and fry it in hot fat till pale brown, but not burnt. Cut up a skinned eel, put it into the pan containing the fried onion, add 3 pints of stock or water, boil, skim, and simmer gently for about 1 hour. Twenty minutes before serving, strain, replace in the stewpan, sprinkle in the tapioca or sago and season with salt and pepper. Serve with a little chopped parsley put in at the last moment.

TIME.—1 to 1¼ hours. SEASONABLE from September to May.

FISH SOUP.

INGREDIENTS.—1 lb. of whiting, plaice, cod, or other white fish, 1 quart of water, 1 gill of milk, ½ gill of cream, 1 oz. of butter, 1 oz. of flour, 2 yolks of eggs, 3 slices of carrot, ½ a very small onion, 2 or 3 sprigs of parsley, 1 very small blade of mace, ½ a teaspoonful of lemon-juice, salt and pepper.

METHOD.—Cut the fish and its bones into small pieces, place it in a stewpan with the water, carrot, onion, parsley, mace, and a little salt, simmer gently for 20 minutes, then strain. Melt the butter in a stewpan, stir in the flour, add the stock and milk, bring to the boil, stirring meanwhile, and simmer for 4 minutes. Beat the yolks of eggs and cream together, strain them into the soup, stir by the side of the fire for 2 or 3 minutes, but do not allow the soup to boil, or the eggs may curdle. Add the lemon-juice, season to taste, and serve.

TIME.—35 minutes. COST, *1s. 2d.* SUFFICIENT for 7 persons.

GIBLET SOUP.

INGREDIENTS.—The giblets of a goose, turkey, ducks, or chickens, to one set allow 1 lb. of lean beef and 3 pints of stock or water, ½ a carrot, 1 small onion, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, 1 dessertspoonful of flour, ½ a glass of sherry, salt, pepper, 1 tablespoonful of macaroni cooked and cut across into tiny rings.

METHOD. — Skin the gizzard, scald and skin the feet, wash the neck and liver, dry and cut into small pieces. Melt the butter and fry the giblets, meat, and sliced vegetables,

until brown, then add the stock, herbs, salt and pepper, and when boiling skim well. Cook gently for 2 hours, then strain and return to the stewpan. When boiling, mix the sherry and the flour smoothly together, and add to the soup, also the macaroni and any necessary seasoning, simmer a few minutes longer, and serve.

TIME.—2¾ to 3 hours. COST, exclusive of the giblets and stock, 1*s.* to 1*s.* 2*d.* SEASONABLE at any time. SUFFICIENT for 5 or 6 persons.

GRAVY SOUP.

INGREDIENTS.—3 pints of second stock or gravy stock, 1 lb. of neck or shin of beef (lean), 1 carrot, 1 onion, ½ a turnip, 1 strip of celery, bouquet-garni (parsley, thyme, bay-leaf), 8 peppercorns, 2 cloves, 1 oz. of butter, 1 oz. of flour, salt and pepper.

METHOD.—Cut the meat into small pieces. Make the butter hot in the stewpan, put in the meat and sliced vegetables, and fry until brown. Add the stock, herbs, peppercorns, cloves, and seasoning, and cook very gently for 2½ to 3 hours, strain, return to the saucepan, boil up, mix the flour smoothy with a little cold stock, pour it into the soup, simmer 5 minutes longer, add seasoning to taste, and serve.

TIME.—3½ to 4 hours. AVERAGE COST, 10*d.* to 1*s.*, without the stock. SEASONABLE at any time. SUFFICIENT for 4 persons.

GREEN PEA SOUP.

INGREDIENTS.—2 pints of white stock, ¼ pint of water, 1 quart of peas (shelled), a handful of spinach (to improve the colour), a little mint, 2 oz. of butter, 1 dessertspoonful of flour, salt and pepper.

METHOD.—Melt 1 oz. of butter in a stewpan, put in the peas, spinach, and mint, put on the cover, and let them steam in the butter for 15 or 20 minutes. Add the stock and water, and some of the pea-shells if young and soft (they should of course, be first washed in cold water), boil quickly until tender, strain and rub the vegetables through a fine sieve. Melt the remainder of the butter in the stewpan, sprinkle in the flour, add the soup, and stir until boiling. Season to taste, and serve with croûtons of fried bread. If preferred, a few cooked green peas and a little cream may be added to the soup before serving.

TIME.—1¼ to 1½ hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SEASONABLE from June to September. SUFFICIENT for 6 persons.

HARE SOUP.

INGREDIENTS.—3 quarts of second stock, 1 hare or the bones and inferior parts of a hare, 2 oz. of butter, 1 tablespoonful of cornflour, 1 small onion, 1 small carrot, ½ a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 1 glass of port wine, salt.

METHOD.—Wipe the hare with a clean damp cloth, and cut it into small joints. Melt the butter in a stewpan, put in the hare, the vegetables sliced, and the herbs, and fry until brown. Add the stock, salt, and peppercorns, and simmer gently for 3 hours. Strain, remove the meat from the bones, and pound it well in a mortar. Rub it through a fine sieve, then return it and the stock to the stewpan, and when boiling add the wine and the cornflour, previously mixed smoothly together. Stir and cook for a few minutes, season to taste, and serve.

TIME.—4 hours. AVERAGE COST, 4*s.* to 5*s.*, when made from a whole hare, not including the stock. SEASONABLE from August to March. SUFFICIENT for 10 persons.

HOTCH POTCH.

INGREDIENTS.—2 quarts of water, 2 lb. of neck of mutton, 1 onion, 1 carrot, ½ a turnip, ½ pint of shelled peas, 1 small cauliflower, 1 good

lettuce, 1 teaspoonful of chopped parsley, salt and pepper.

METHOD.—Cut the meat into neat pieces, put it into a stewpan with a teaspoonful of salt and the cold water, bring slowly to the boil, and skim well. Meanwhile, shred the lettuce finely (taking care to shorten the filaments by cutting them across), cut off the stalk of the cauliflower, and break the flower into small sprigs, cut the turnip, carrot, and onion into dice or cubes. Let the meat simmer gently for 1 hour, then put in the onion, carrot, and lettuce; ½ an hour afterwards add the turnip, peas, and cauliflower, and cook slowly for 1 hour, or until all the vegetables are tender; then add the chopped parsley, season to taste, and serve.

TIME.—About 3 hours. AVERAGE COST, *2s.* to *2s. 2d.* SUFFICIENT for 6 persons. SEASONABLE in summer.

KIDNEY SOUP.

INGREDIENTS.—3 pints of second stock or water, ½ lb. of ox kidney, ½ lb. of lean beef, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of coarsely-chopped onion, ½ a tablespoonful of chopped parsley, salt and pepper.

METHOD.—Cut the meat and kidney into very small pieces. Melt the butter in a stewpan, and fry the meat, kidney, parsley, and onion until brown. Put in the stock or water, salt and pepper, bring to the boil, skim well, then cover and simmer gently for 3 hours. Strain, pound the meat if convenient; if not, rub as much as possible of it through a wire sieve. Return the soup to the saucepan, and when boiling add the purée of meat, and the flour (previously mixed smoothly with a little water), simmer for a few minutes, and serve. If preferred, the soup may be garnished with a little carrot and turnip, cooked and cut into some small fancy shape.

TIME.—From 4 to 4½ hours. AVERAGE COST, *10d.* to *1s.* SUFFICIENT for 4 persons. SEASONABLE at any time.

LEEK SOUP.

INGREDIENTS. — 2 quarts of sheep's head broth (see that recipe), 6 leeks finely shredded, 1 good tablespoonful of medium or coarse oatmeal, salt and pepper.

METHOD.—Make the broth as directed, then strain and replace it in the saucepan. Bring to the boil, sprinkle in the oatmeal, add the prepared leeks, and boil gently until quite tender. Season to taste, and serve.

TIME.—From ¾ to 1 hour. AVERAGE COST, *6d.*, exclusive of the stock. SUFFICIENT for 6 or 8 persons. SEASONABLE in winter.

LENTIL SOUP (Good).

INGREDIENTS.—3 pints of second stock or water, 1 pint of milk, ½ pint of brown lentils, 1 onion, 1 carrot, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, 1 tablespoonful of flour, salt and pepper, 2 tablespoonfuls of cream.

METHOD. — Wash the lentils, soak them for 24 hours, and when ready to use drain well. Melt the butter in a stewpan, put in the vegetables, sliced herbs, and lentils, cover closely, and let them steam in the butter for 15 or 20 minutes. Add the stock, salt and pepper, and cook gently for 2 hours, or until tender, then rub through a fine sieve. Return to the saucepan, add the milk and bring to the boil. Mix the flour with a little milk or stock, add it to the soup, stir and simmer for 5 minutes. Season to taste, add the cream, and serve. Croûtons of fried or toasted bread should be handed separately.

TIME.—2¾ to 3 hours. AVERAGE COST, *8d.* to *9d.*, without the stock. SEASONABLE at any time. SUFFICIENT for 6 persons.

LOBSTER SOUP.

INGREDIENTS.—1 large lobster, 1 quart of stock (preferably fish), ½ pint of milk, 2 oz. of butter, 1½ oz. of flour, 1 carrot, ½ a turnip, 1 or 2 strips of celery, 3 or 4 shallots or 1 small onion, a bouquet-garni (parsley, thyme, bay-leaf), 1 teaspoonful of anchovy essence, salt and pepper, small quenelles of whiting or other white fish.

METHOD.—Slice the vegetables and fry them in the butter until pale brown; then stir in the flour, add the stock, and stir until it boils. Remove the shell of the lobster, cut the meat from the claws into dice or cubes, and set it aside until wanted. Add the bouquet-garni, the rest of the lobster, and the pounded shell to the stock, simmer for ½ an hour; then take out the shell and rub the rest through a fine sieve. Return to the saucepan, add the milk, and when near boiling point put in the quenelles, anchovy essence, and necessary seasoning. Place the dice of lobster in the tureen, and pour in the soup.

TIME. — 1½ hours. AVERAGE COST, 2*s.* 9*d.* to 3*s.* SEASONABLE from April to October. SUFFICIENT for 6 persons.

MULLIGATAWNY SOUP.

INGREDIENTS.—2 quarts of water 2 lb. of mutton (a tin of Australian mutton may be used), 2 onions, 2 carrots, 2 apples, 1 small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 2 tablespoonfuls of flour, 1 tablespoonful of curry-powder, the juice of ½ a lemon, salt.

METHOD.—Remove the fat from the mutton and melt it in the saucepan. Have the apples and vegetables ready sliced, and when there is sufficient liquid fat to fry them, take out the pieces of fat, put in the vegetables, and cook them for 15 minutes. Sprinkle in the flour and curry-powder, fry for a few minutes, then add the meat in small pieces, a teaspoonful of salt, the herbs and water. When boiling, remove the scum as it rises, then cover and cook gently for 3 hours. Strain, rub the meat through a wire sieve, and return to the saucepan. Re-heat, add the lemon-juice, season to taste, and serve. Well-cooked rice should be handed round with this soup.

TIME.—4 to 4½ hours. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 8*d.* SUFFICIENT for 6 persons. SEASONABLE at any time.

Note.—The bones and remains of any kind of meat or poultry may be used instead of mutton. The soup would take its name from the materials employed as Ox-tail Soup (Indian Style), Rabbit Purée (Indian Style).

MUTTON BROTH.

INGREDIENTS.—1 quart of cold water, 1½ lb. of neck of mutton, 1 small carrot, ½ a turnip, 1 onion, 2 strips of celery, 1 teaspoonful of finely-chopped parsley, 1 tablespoonful of rice or pearl-barley, salt and pepper.

METHOD.—Remove all the fat and cut the meat into small pieces. Put the water into a stewpan, add the meat, bones, and a little salt, bring slowly to the boil, and skim well. If pearl-barley is used, blanch it by putting it into cold water and bringing to the boil. Cut the vegetables into rather small dice or cubes, and add them to the broth when it has cooked for 1 hour; add also the pearl-barley. When the broth has simmered gently for 3 hours, strain and return to the saucepan. Carefully remove any fragments of bone from the meat, vegetables and pearl-barley, and return. When boiling, sprinkle in the parsley. Season to taste, and serve.

TIME.—3 to 3¼ hours. AVERAGE COST, 1*s.* 1*d.* to 1*s.* 3*d.* SEASONABLE at any time. SUFFICIENT for 4 or 5 persons.

OX-CHEEK SOUP.

INGREDIENTS.—5 quarts of water, 1 ox-cheek, 2 onions, 2 carrots,

1 turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, basil, marjoram, bay-leaf), 12 peppercorns, 4 cloves, 2 blades of mace, 2 oz. of butter, 2 oz. of flour.

METHOD.—Soak the cheek in salt and warm water for 5 or 6 hours, changing it 2 or 3 times. Prepare the vegetables and cut them into thick slices, melt the butter in a large stewpan, add the vegetables to it, and fry until brown. Well wash the ox-cheek, break the bones into small pieces, and put them into the stewpan; also put in the herbs, seasonings, meat, and water. Bring slowly to the boil, skim well, put on the cover and simmer gently for 3 hours or according to the size of the cheek; strain, return the soup to the saucepan, and bring to the boil. Mix the flour smoothly with a little cold water or stock, pour it into the soup, stir and simmer for 5 or 6 minutes. Cut the smaller pieces of meat into dice and add them to the soup, also cut a few dice of cooked celery and carrot. Season to taste, and serve.

TIME.—About 4 hours. AVERAGE COST, *2s. 6d.* SEASONABLE in winter. SUFFICIENT for 12 persons.

OX-TAIL SOUP.

INGREDIENTS. — 1 ox-tail, 2 quarts of second stock or water, 2 onions, 2 carrots, 1 turnip, 2 strips of celery, 2 oz. of butter, 2 oz. of lean ham or bacon (cut into dice or cubes), a bouquet-garni (parsley, thyme, bay-leaf,) 12 peppercorns, 2 cloves, salt, 1 glass of sherry, 1 tablespoonful of cornflour.

METHOD.—Cut the tail into small joints, put it into a stewpan, cover with cold water, boil up and strain. Dry the pieces of ox-tail, roll them in flour, put them with the ham and sliced vegetables and butter into the stewpan, and fry until brown. Then add the stock, herbs, peppercorns, cloves, and salt, boil and skim well. Put on the lid and cook very gently for about 4 hours. Strain, remove the fat, return to the stewpan, and when the soup boils add the sherry and cornflour smoothly mixed together, stir and cook for a few minutes. Serve the smaller pieces of the tail in the soup, the remainder may be reheated in a good brown sauce, and served as an entrée.

TIME.—5½ to 6 hours. AVERAGE COST, *2s. 9d.*, without the stock, SEASONABLE at any time. SUFFICIENT for 6 persons.

OYSTER SOUP.

INGREDIENTS.—1 lb. knuckle of veal, 1 lb. of plaice, 2 oz. of butter, 1½ oz. of flour, ½ pint of milk, ¼ pint of cream, 18 oysters, 1 onion, 1 bay-leaf, 1 teaspoonful of anchovy essence, salt and pepper.

METHOD.—To 1 quart of cold water add the veal cut into small pieces, the onion and bay-leaf. Simmer gently for 3 hours, then strain and when cold remove the fat. Fillet the plaice, remove the black skin, and simmer the fish in 1 quart of cold water for about 1 hour, or until it is reduced to shreds, then rub through a fine sieve. Simmer the beards of the oysters in ½ pint of the fish stock, add the liquor from the oysters, strain and put aside. Mix together the veal and fish stock, and bring to boiling point. Melt the butter in a stewpan, stir in the flour, cook for 2 or 3 minutes, then pour in the hot stock and stir until it boils. Now add the milk, oyster, liquor, anchovy essence, and season to taste. If the oysters are large, cut them in halves, and put them into the boiling soup just before serving, but they must not be allowed to cook. Stir in the cream at the last moment.

TIME.—2 hours, after veal stock is made. AVERAGE COST, *3s. 6d.* SEASONABLE from September to April. SUFFICIENT for 10 persons.

PEA SOUP.

INGREDIENTS.—2 quarts of stock or water (if water is used, ham or beef bones, either cooked or uncooked will improve the soup), 1 pint of dried split peas, 2 onions, 2 carrots, 1 small turnip, 2 strips of celery, 1 dessertspoonful of dried mint, salt and pepper, 1 oz. of flour.

METHOD.—Wash the peas and soak them for 12 hours in water. Put them into a stewpan with the bones (if any) and the stock, and bring to the boil. Slice the vegetables and add them to the stock when it boils, and simmer for at least 3 hours. Then rub through a wire sieve, return to the saucepan, add the flour mixed smoothly with a little water, and boil. When the purée is thoroughly incorporated with the soup, season to taste, and serve. The dried mint should be placed in the tureen and the soup poured on to it.

TIME.—3½ to 4 hours. AVERAGE COST, 4*d.*, when made with water. SEASONABLE at any time. SUFFICIENT for 6 persons.

Note.—When making pea soup in large quantities, the process of rubbing the vegetables through the sieve is omitted, and the turnips, carrots, etc., are cut into small pieces and added to the soup about 1 hour before serving.

POTATO SOUP.

INGREDIENTS.—1 quart of white second stock or water, ½ pint of milk, 1 lb. of potatoes, 1 onion, 1 strip of celery, 1 oz. of butter, 1 tablespoonful of fine sago or crushed tapioca, salt and pepper.

METHOD.—Slice the potatoes, onion, and celery. Make the butter hot in a stewpan, add the vegetables, fry and cook until the butter is absorbed, stirring frequently to prevent them browning. Add the stock, and simmer until the vegetables are tender (about 1 hour). Rub through a fine sieve; return to the saucepan, add the milk, and bring to the boil. Sprinkle in the sago, cook until transparent, add seasoning to taste, and serve.

TIME.—About 1½ hours. AVERAGE COST, 4*d.* exclusive of stock. SEASONABLE at any time. SUFFICIENT for 4 or 5 persons.

POT-AU-FEU (French Family Soup).

INGREDIENTS.—4 lb. of brisket of beef, ½ a cabbage, 2 leeks, 1 large onion, 2 carrots, a bouquet-garni (parsley, thyme, bay-leaf), 1 dessertspoonful of chopped parsley, 4 cloves, 12 peppercorns, 1 tablespoonful of salt, ½ lb. of French bread, 6 quarts of cold water.

METHOD.—Put the meat and water into a stock-pot or boiling pot, let it come gently to boiling point, and skim well. Wash and clean the vegetables, stick the cloves in the onion, tie up the cabbage and leeks, and put all in with the meat. Add the carrots cut into large pieces, the bouquet-garni, pepper-corns, and salt, and let the whole simmer gently for 4 hours. Just before serving cut the bread into thin slices, place them in a soup tureen, and add some of the carrot, leeks, and onions cut into small pieces. Remove the meat from the pot, season the broth to taste, and strain it into the soup tureen. Sprinkle the chopped parsley on the top, and serve. The meat and remaining vegetables may be served as a separate course; they may also be used up in some form for another meal. Or the meat and vegetables may be served and the broth put aside and used on the following day as "Croute-au-pot."

TIME.—4 hours. AVERAGE COST, 2*s.* 4*d.* to 2*s.* 6*d.* SUFFICIENT for 10 to 12 persons. SEASONABLE at any time.

RABBIT BROTH.

INGREDIENTS.—2 quarts of water, 1 rabbit, 1½ lb. of bacon or pickled pork, 2 onions, 1 carrot, ½ turnip, 1 strip of celery, 1 tablespoonful of rice, salt and pepper.

METHOD. — Wash the rabbit, and if it is to be served separately,

keep it whole and truss for boiling; if not, cut it into small joints, and remove the liver, etc. If bacon be used, let it be well scraped, and soaked in warm water for 1 or 2 hours. Cut the vegetables into small dice or cubes. Put the water into a large stewpan, add the bacon and rabbit, bring slowly to the boil, remove the scum as it rises, and when the rabbit has cooked for 1 hour, put in the vegetables, rice, and a little salt, and continue the cooking for another hour. Take out the rabbit, and if it is to be served separately, have ready some onion sauce, or white sauce, to serve with it. If the rabbit has been cut into joints, take them out of the stewpan, remove the meat from the bone, cut it into small dice, and return to the broth to be re-heated. Cut a little of the bacon also into dice; the rest can be used cold. Season to taste and serve.

TIME.—2¼ to 2½ hours. AVERAGE COST, 2*s.* 3*d.* to 2*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE in winter.

RICE SOUP.

INGREDIENTS.—2 pints of white second stock, 1 pint of milk, the yolks of 2 eggs, salt and pepper, 3 tablespoonfuls of rice.

METHOD.—Boil the stock, add the rice, previously well washed, and simmer gently for about ½ an hour, or until the rice is thoroughly cooked. Rub through a hair sieve, return to the stewpan, add the milk, and boil. Beat the yolks of the eggs with a little milk or cold stock, let the soup cool slightly, then pour in the eggs and stir until the soup thickens. Season to taste, and serve.

TIME.—½ to 1 hour. AVERAGE COST, 5*d.* to 6*d.* without the stock. SUFFICIENT for 6 persons. SEASONABLE all the year.

SAGO SOUP.

INGREDIENTS.—3 pints of second stock, 1 pint of milk, ¼ pint of cream, 3 oz. of fine sago, the yolks of 3 eggs, 1 bay-leaf, sugar, salt, and pepper.

METHOD.—Put the stock and bay-leaf into a stewpan; when boiling sprinkle in the sago and cook gently for 20 minutes, or until the sago is transparent. Add the milk, a good pinch of sugar, salt and pepper to taste, and continue to simmer a few minutes longer. Beat the yolks of the eggs and the cream together, add these to the soup, and stir until it thickens, but it must nŏt be allowed to boil or the eggs will curdle. Remove the bay-leaf, and serve.

TIME.—40 minutes. AVERAGE COST, 10*d.* to 1*s.*, without the stock. SUFFICIENT for 8 persons. SEASONABLE at any time.

SCOTCH KAIL.

INGREDIENTS.—3 quarts of cold water, 3 lb. of mutton, 3 onions (cut into dice or cubes), 2 leeks when procurable, the hearts of 2 white cabbages, salt and pepper, 1 oz. of pearl barley.

METHOD.—Keep the meat whole, and put it into a stewpan or earthenware stewpŏt with the water, onions, leeks, and a teaspoonful of salt, and cook gently for about 3 hours. Blanch the pearl barley and add it when the meat has cooked for 1 hour. Wash the cabbages, shred them finely, and put them into the stewpot 1 hour before the meat is to be served. Take up the meat, cut some of it into small pieces, and place these in a soup tureen. Season the broth and serve.

TIME.—About 3½ hours. AVERAGE COST, 2*s.* 6*d.* to 2*s.* 9*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

Note.—Scotch Kail is the *Pot-au-feu* of Scotland, and, like its Continental prototype, may have the meat served separately, or in the broth. But it differs from *Pot-au-feu* in having only the green vegetables from which it derives the name of "kail."

SHEEP'S HEAD BROTH.

INGREDIENTS.—3 quarts of water, 1 sheep's head, 2 carrots, 2 onions, 1 turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bayleaf), salt, 1 tablespoonful of rice.

METHOD.—Remove the brains and tongue, and soak the head in salt and water for 12 hours, changing the water repeatedly. Put it into a large saucepan with a good handful of salt, cover with water, bring to the boil, strain and wash well. Return it to the saucepan, add the water, and bring to the boil, skim thoroughly, add a teaspoonful of salt, then simmer for 3 hours. Meanwhile, cut the vegetables into dice, and now add them and the rice to the broth. Continue the cooking for another hour, then take up the head, cut the meat into dice, and return it to the broth and simmer for a few minutes. Take out the herbs, add seasoning to taste, and serve.

The brains can be used for brain cakes, and the tongue cooked and served separately. Only a small portion of the head need be served in the broth; the rest could be served separately, garnished with the tongue and covered with brain sauce.

TIME.—About 4 hours. AVERAGE COST, 1*s.* to 1*s.* 2*d.* SEASONABLE at any time, particularly in winter. SUFFICIENT for 5 or 6 persons.

SOUP WITHOUT MEAT.

INGREDIENTS.—2½ quarts of boiling water, 4 oz. of butter, 2 onions cut into dice, 1 head of celery cut into small square pieces, 2 lettuces shredded, 2 handfuls of spinach, 2 or 3 teaspoonfuls of vinegar, the yolks of 2 eggs, salt and pepper.

METHOD.—Heat the butter in a stewpan, add the prepared vegetables, cover closely, and cook very slowly for about ½ an hour. Now add the boiling water and a seasoning of salt and pepper, and simmer gently until all the vegetables are tender. Beat the yolks of eggs slightly, add gradually a few tablespoonfuls of the boiling soup, and when thoroughly blended add the preparation to the contents of the saucepan. Stir and cook gently for a few minutes to cook the eggs, then add salt, pepper, and vinegar to taste, and serve.

TIME.—From 1¼ to 1½ hour. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 7 or 8 persons. SEASONABLE at any time.

SPINACH SOUP.

INGREDIENTS.—1 pint of white second stock, 1 pint of milk, 2 lb. of spinach, 1 oz. of butter, 1½ oz. of flour, pepper and salt.

METHOD.—Wash the spinach, remove the stalks, and put it into a saucepan with just sufficient water to cover the bottom of the pan to prevent it burning. When tender drain and rub through a hair sieve. Melt the butter in a stewpan, sprinkle in the flour, cook for 2 or 3 minutes, then add the purée of spinach and the stock a little at a time. Boil, add the milk, simmer for a few minutes, season to taste, and serve.

TIME.—About 1 hour. AVERAGE COST, 9*d.* to 1*s.* without the stock. SUFFICIENT for 4 persons. SEASONABLE from March to December.

SPRING SOUP.

INGREDIENTS.—3 pints of unclarified stock, ¼ gill each of green peas, French beans, asparagus tops, and chopped lettuce, 1 young carrot, 1 small onion, a bouquet-garni, ½ lb. of beef gravy, the white of 1 egg, seasoning.

METHOD. — Prepare the vegetables, and scoop out some small pea shapes of carrot. Cook all the vegetables separately in salted water. Put the stock into a pan, with the onion, herbs, finely

minced meat, seasoning, and white of egg. Whisk till it boils, then simmer for 10 minutes. Strain and re-heat. Add the prepared vegetables, and serve.

TIME.—1 hour. AVERAGE COST, *2s 9d.* SUFFICIENT for 6 persons. SEASONABLE in April and May.

SPRING SOUP WITHOUT MEAT.

INGREDIENTS.—3 pints of water, 1 head of lettuce, ½ white-heart cabbage, 1 carrot, 1 turnip, 1 onion, 2 leeks, ½ head of celery, 1 small cauliflower, 4 ozs. of butter, croûtons (or small slices) of toasted bread, salt and pepper.

METHOD.—Cut the flower of the cauliflower into small pieces and put them aside, cut the tender part of the stalk into small pieces. Prepare the rest of the vegetables and shred them finely, melt the butter in a large stewpan, put in the shredded vegetables and the stalk of the cauliflower, and cook without browning, for 20 minutes. Add to them the water, salt and pepper, and cook gently until tender (about 1 hour); 20 minutes before serving put in the sprays of cauliflower. Cut 2 or 3 slices of very thin well-browned toast into small dice, and put them into the tureen. Add any necessary seasoning to the soup, and serve.

TIME.—About 1½ hours. COST, *10d.* to *1s.* SUFFICIENT for 6 persons. SEASONABLE in spring.

TAPIOCA CREAM SOUP.

INGREDIENTS.—1 quart of white stock, or half stock and half milk, ¼ pint of cream, the yolks of 3 eggs, 1 tablespoonful of fine sago or crushed tapioca, salt and pepper.

METHOD.—The stock should be well flavoured, otherwise it must be simmered with a little onion, carrot, celery, and herbs, and strained for use. Bring the stock to boiling point, sprinkle in the sago, or whatever is used in its place, and stir and cook until it becomes transparent; then let the soup cool slightly. Mix the yolks of the eggs and the cream together (¼ of a pint of milk may be substituted when it is not convenient to use cream), add to the soup and stir till it thickens; it should have the consistency of single cream. When a thicker soup is desired, mix a teaspoonful of flour or cornflour with a little milk, and add it to the soup at the same time as the sago. Season to taste, and serve.

TIME.—20 to 30 minutes. AVERAGE COST, about *9d.*, not including the stock. SUFFICIENT for 8 persons. SEASONABLE at any time.

TOMATO AND LENTIL SOUP.

INGREDIENTS.—2 pints of stock or water, 1 pint of milk, ½ pint of lentils, 2 oz. of lean bacon or ham, 1½ ozs. of butter, 1 oz. of flour, 1 lb. of tomatoes (fresh or preserved), 1 onion, 1 carrot, ½ a turnip, 1 small leek, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, salt and pepper.

METHOD.—Wash and soak the lentils for 12 hours, and drain well before using. Slice all the vegetables, and cut the bacon into dice. Melt the butter in a stewpan, put in the ham and all the vegetables, except the tomatoes, and cook slowly for a few minutes, then add the tomatoes and lentils, cover closely and steam the contents of the stewpan for 15 or 20 minutes. Add the stock or water, bouquet-garni, peppercorns, and cloves, and simmer for 3 hours, or until the lentils are tender. Strain, return to the saucepan, and when boiling add the milk. Mix the flour smoothly with a little stock or milk, and add it to the boiling soup. Stir and simmer for a few minutes to cook the flour, then season to taste and serve.

TIME.—4 to 4¼ hours. AVERAGE COST, *11d.* to *1s.*, without the stock SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

TOMATO SOUP (without meat).

INGREDIENTS.—2 lb. of fresh tomatoes, 1 Spanish onion, a small bunch of mixed herbs, 3 pints of water, salt and pepper, 1 oz. of crushed tapioca or semolina, 2 oz. of butter.

METHOD.—Peel and slice the onion, cut the tomatoes into small slices. Fry the onion a nice light brown in the butter, add the tomatoes, and fry them a little, then put in the water and the bunch of herbs. Allow all to cook till tender, rub through a hair sieve, return to the stewpan, season to taste, with salt and pepper. When boiling, gradually add the tapioca or semolina and cook for 10 minutes longer. Serve with small croûtons of fried bread.

TIME.—1 hour. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 7*d.* SEASONABLE at any time. SUFFICIENT for 6 persons.

TOMATO SOUP.

INGREDIENTS.—1 quart of second stock or water, 2 lb. of tomatoes, either fresh or tinned, 2 oz. of lean ham (this may be omitted when using stock), 1 oz. of butter, 1 tablespoonful of fine sago, 1 onion, 1 carrot, or bouquet-garni (parsley, thyme, bay-leaf), salt, pepper, castor sugar.

METHOD.—Slice the tomatoes, onion, and carrot; cut the ham into small dice. Melt the butter, add to it the ham, carrot, and onion, fry for 5 minutes, put in the tomatoes and herbs, and cook for 15 minutes longer. Pour in the stock or water, and cook gently until the vegetables are tender, then rub the ingredients through a wire sieve. Return the soup to the stewpan, and when boiling sprinkle in the sago and cook until it becomes transparent. Season to taste, add a good pinch of sugar, and serve. Croûtons, or small slices of fried or toasted bread, should be served separately.

TIME.—About 1 hour. AVERAGE COST, 9*d.* to 10*d.*, without the stock. SUFFICIENT for 6 persons. SEASONABLE at any time, but more especially in summer.

VEGETABLE SOUP.

INGREDIENTS.—2 carrots, 1 turnip, 1 onion, 1 leek, 2 strips of celery, 1 dessertspoonful of finely-chopped parsley, 2 oz. of butter, 1½ oz. of flour, 1 pint of boiling water, 1 pint of milk, salt and pepper.

METHOD.—Prepare the vegetables and cut them into strips about the size of a short and rather thick match. Melt the butter in a stewpan, and fry the vegetables very slowly until the butter is absorbed; then add the water, ¾ of the milk, salt and pepper, and simmer gently until the vegetables are tender (5 to 10 minutes). Mix the flour and the rest of the milk smoothly together, pour the mixture into the saucepan, stir and cook for a few minutes, then serve.

TIME.—To prepare the vegetables, 20 to 30 minutes. To make the soup 25 to 30 minutes. COST, about 5*d.* SUFFICIENT for 4 persons. SEASONABLE at any time.

VERMICELLI SOUP.

INGREDIENTS.—3 pints of consommé (*see* Clear Soup) 2 oz. of vermicelli, salt and pepper.

METHOD.—Crush the vermicelli between the fingers into short lengths. Bring the stock to boiling point, sprinkle in the vermicelli, boil gently for 15 minutes, then season to taste, and serve.

TIME.—About 30 minutes. AVERAGE COST, 2*s.* 3*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

1. Pickled Mackerel. 2. Boiled Brill. 3. Scalloped Cod's Roe.

1. Boiled Turbot. 2. Dressed Crab. 3. Boiled Salmon (Curled).

FISH.

FISH AS FOOD.

SPEAKING generally, fish is less sustaining than meat, yet in fishing hamlets, where little or no animal food is taken, the health and vigour of the inhabitants are excellent.

The white fish such as sole, whiting, plaice, haddock, halibut, turbot, brill, ling, skate, and cod, contain little or no oil in their tissues, and they are therefore of less nutritive value, but more easily digested than the oily salmon, mackerel and herring. The delicate fibre of the sole and herring allow them to be easily digested, hence their value in the diet of the sick and convalescent. Turbot and halibut are usually outside the limits of a slender purse, but cod, hake and haddock provide a fairly cheap and substantial meal when combined with a rice or suet pudding. Salmon contains a large amount of nourishment, but both it and mackerel are apt to disagree with a delicate digestion. Herring is said to be more nourishing and cheaper than any other fish.

Oysters are very nourishing, and easily digested in a raw state. Other shell fish may be more or less indigestible, and should be avoided by all whose digestion is weak.

TO CHOOSE FISH.

(1) Flesh should be firm, eyes bright, and gills red.

(2) A proof of freshness in most fish is in their being covered with scales.

(3) Avoid very large fish, for if old their fibres may be tough.

(4) A flat fish should be thick in proportion to its size. Fish should have large girth, rather than great length.

(5) Large herrings, large whiting, small fresh haddocks, soles and plaice of medium size should be selected.

(6) Lobsters and crabs should be heavy in proportion to their size.

TO KEEP FISH.

All oily fish should be eaten as fresh as possible. If kept, they should be cleaned and wiped very dry, and kept in a cool place.

Turbot, brill, and halibut may be kept in a cool place for a day or two with advantage. A whole fish should be hung up by the tail. Fish that is not quite fresh may be improved by thorough washing in vinegar and water, or permanganate of potash and water.

TO PREPARE FISH FOR COOKING.

A whole fish may be well washed before skinning without damaging its flavour, but a piece of fish should be quickly washed and immediately dried. The fins should be cut off, and all scales removed, using the back of a knife for this purpose.

The dark under-skin of a sole is nearly always removed by the fishmonger. To remove the upper one, make a slit just above the tail, run a finger round the edge to loosen the skin, then, holding the sole firmly by the tail, draw the skin off from tail to head. Reverse this process with a whiting, and pull the skin from head to tail. Plaice is usually filleted without removing

the skin, although it is better to strip the dark skin off the back.

TO FILLET FISH.

To fillet a sole, plaice, or other flat fish, place the fish flat on a board or table, and with the point of a knife cut from head to tail down the backbone. Insert the knife in the slit made, and carefully cut the fish from the bone, keeping the knife pressed lightly against the bone meanwhile. Remove the fillets, trim them neatly, and cut them into suitable pieces.

Fish to be fried should be well dried, and lightly coated with flour, seasoned with salt and pepper before being egged and breadcrumbed.

To egg and crumb fish, dip them first in well-beaten and lightly seasoned egg, drain each piece separately, and place on the bread-crumbs, which should be fine, not too moist, and laid on a sheet of clean paper. Shake the paper from side to side until the fish is sufficiently coated. Before frying the crumbs should be pressed firmly down with the blade of a knife. Whitebait should be well dredged with flour, and shaken in a cloth until dry before frying.

GENERAL INSTRUCTIONS FOR COOKING FISH.

Fish to Boil.—In boiling fish it is advisable to use a fish-kettle, provided with a strainer, so that the fish can be gently lifted without breaking. Failing this, the fish should be tied in muslin, and placed on a plate at the bottom of a sauce-pan. Salmon and salmon trout should be put into boiling salted water to preserve their colour; but other kinds of fish should be placed in warm water, for boiling water has a tendency to break the skin, and cold water extracts much of the flavour. Fish should always be gently simmered after boiling point is reached, otherwise it is liable to break. It should also be cooked in the smallest possible quantity of water, which, when practicable, should afterwards form the basis of a fish soup or fish sauce. Lemon-juice or vinegar should be added to the water in which white fish is cooked, as it tends to increase its whiteness. The time required for cooking depends more on the thickness than the weight of the fish, but as soon as the bone separates readily, the fish should be taken from the water and kept covered, on the strainer, placed across the fish-kettle, until required. Fish, when boiled, should always be served on a strainer covered with a folded napkin. It is usually garnished with slices of lemon and tufts of green parsley, a little additional colour being sometimes introduced by means of lobster coral, prawns or crayfish.

Fish to Broil.—This method of cooking is an extremely simple one when proper appliances are at hand, but when the only means available are those usually found in middle-class kitchens, some little difficulty may be experienced. A clean gridiron and a clear fire are indispensable factors, and the former may be easily secured by heating the gridiron, and afterwards rubbing it repeatedly with soft paper until perfectly clean. No matter how clear and bright the fire may appear, more or less smoke will arise from it, but this may be checked to some extent by throwing on a good handful of salt. Fish intended for grilling should be thoroughly dried, then brushed over with oil or oiled butter, and seasoned with salt and pepper. Meat also needs to be slightly coated with oil or butter, otherwise the surface may become dry. The gridiron must be heated and rubbed over on both sides with suet or fat, to prevent whatever is being cooked sticking to it. For the same reason it is necessary to move the meat or fish occasionally, using meat-tongs or a knife for the purpose, thus avoiding making holes through which the

juices could escape. Delicate fish is frequently enclosed in oiled paper, and should then be served in the paper in which it was cooked.

FISH, TO CURE.—Empty, wash and scale the fish, and, if large, cut it down the back. Rub it inside and out with common salt, and let it hang in a cool place for 24 hours. Mix together 1 oz. of bay-salt, ½ an oz. of saltpetre, ½ an oz. of brown sugar, and rub the fish well with the preparation. Place it on a large dish, cover it lightly, but completely, with salt, and allow it to remain undisturbed for 48 hours. Turn the fish over, cover it with fresh salt, and let it remain for 24 hours longer. Drain and well dry the fish, stretch it on sticks, and keep it in a dry, cool place. When kept for a great length of time, it will be necessary to well soak the fish before cooking.

FISH, TO FRY.—Fish to be fried should be well dried after washing, and it is usually cut into pieces convenient for serving. Although very good results can be obtained by such simple means as a frying-pan and a very small quantity of fat—providing the fat be hot and the fish dry and slightly floured—a deep pan containing sufficient fat to completely cover the fish is desirable. Before frying, the fish should either be dipped into well-seasoned batter or coated with egg and breadcrumbs, and in the latter case it should first be rolled in a little flour seasoned with salt and pepper, the object being to make it as dry as possible, in order that the breadcrumbs may adhere more firmly. The fat should be very hot at all times, but its temperature must be slightly lower when frying fillets of fish than when frying such things as croquettes, rissoles, etc., which are generaly composed of cooked materials. When the surface of a small piece of bread immediately hardens and slightly changes its colour on being immersed in the fat, the temperature is right for raw materials or anything that is thickly coated with batter, but when frying anything of which the exterior alone has to be cooked, it is better to have the fat sufficiently hot to at once brown whatever is immersed in it. Small things are nearly always fried in a wire basket, but fillets of fish are dropped into the fat, and when cooked, taken out on a fish slice. Anything fried should afterwards be well drained, either on a cloth or kitchen paper. Fish is usually garnished with lemon and parsley, croquettes and other dishes of the same class with parsley alone, while fruit fritters should be liberally sprinkled with sugar before serving.

Oil may be strongly recommended for frying, but clarified fat is more generally employed in ordinary households, and for all frying purposes is preferable to lard, which is apt to impart an unpleasant fatty flavour. All fat after being used for frying should be allowed to cool slightly, and afterwards strained into an earthenware vessel. Or, after repeated use, it may be partially purified by straining it into a basin of boiling water, when fragments of fish, breadcrumbs, etc., will sink to the bottom, and may be scraped off as soon as the fat hardens.

FISH, TO SALT.—The following method of salting fish is particularly suited to herrings, mackerel, and other small varieties. Choose fish that is perfectly fresh, empty, scale and clean, but do not wash them. Make a brine sufficiently strong to float an egg, put in the fish, which should be completely covered, and let them remain in the brine for 18 hours. When ready drain well, place them in layers in an earthenware vessel, covering each layer thickly with salt. Cover closely to completely exclude the air, and store in a cool, dry place. The fish must be well soaked before cooking.

RECIPES FOR COOKING FISH.

BRILL.

INGREDIENTS.—1 brill, salt and vinegar to taste.

METHOD.—Clean the brill, cut off the fins, and rub it over with a little lemon-juice to preserve its whiteness. Barely cover the fish with warm water, add salt and vinegar, and simmer gently until done (about 10 or 15 minutes for a small fish). Garnish with cut lemon and parsley, and serve with one of the following sauces : lobster sauce, shrimp sauce, Hollandaise sauce, or melted butter.

TIME.—From 10 to 20 minutes, according to size. AVERAGE COST, from 8*d.* to 10*d.* per lb. SEASONABLE at any time, but best from August to April.

CARP, BAKED.

INGREDIENTS.—1 carp. For the forcemeat : 8 sauce oysters, 3 anchovies boned, 2 tablespoonfuls of bread-crumbs, 1 teaspoonful of finely-chopped parsley, 1 shallot finely chopped, yolk of 1 egg, cayenne, salt. For coating the fish : 1 egg and breadcrumbs. For the sauce : ¾ pint of good stock, 1 oz. of butter, 1 tablespoonful of flour, half a tablespoonful of Worcester sauce, a tablespoonful of lemon-juice, a teaspoonful of made mustard. Butter for basting.

METHOD.—Clean and scale the fish ; remove the beards of the oysters, and simmer them for 15 minutes in a little fish stock or water. Cut the oysters into small pieces, but do not cook them ; also cut the anchovies into very small pieces. Mix breadcrumbs, oysters, anchovies, parsley, shallot, and seasoning, add the yolk of egg, the liquor of the oysters, and the stock in which the oyster-beards were simmered Put the forcemeat inside the fish, and sew up the opening ; brush over with egg, and cover with breadcrumbs. Place in a baking-dish and cook gently for about 1 hour, basting frequently with hot butter. Melt the butter, stir in the flour, add the stock, and stir until the sauce boils. Simmer for 2 or 3 minutes, then add the mustard, lemon-juice, Worcester sauce, and the gravy (strained) from the tin in which the fish was cooked. Garnish the fish with cut lemon and parsley, and serve the sauce in a tureen.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 2*s.* 3*d.* SUFFICIENT FOR 4 or 5 persons. SEASONABLE from November to March.

CARP, BAKED (Another Method).

INGREDIENTS.—1 carp, 3 tablespoonfuls of salad-oil or clarified butter, 1 tablespoonful of Worcester sauce, 1 tablespoonful of lemon-juice, 1 tablespoonful of finely, chopped parsley, 1 dessertspoonful of finely-chopped onion, salt, cayenne. For the sauce, ¾ pint of milk, 1½ oz. of flour, 1½ oz. of butter, 2 tablespoonfuls of coarsely-chopped gherkins, salt and pepper.

METHOD.—Wash, scale, and clean the fish, and place it in an earthenware baking-dish. Mix together the salad-oil, Worcester sauce, lemon-juice, parsley, onion, season well with salt and cayenne, pour this mixture over the fish, and let it remain in it for at least 2 hours, basting at frequent intervals. Cover with a greased paper, bake gently for about 1 hour, and baste well. When it is nearly done, melt the butter in a stewpan, stir in the flour, add the milk, bring to the boil, and simmer for 5 or 6 minutes. Place the fish on a hot dish, strain the gravy in the tin into the sauce, add the gherkins, season to taste, and pour over the fish.

TIME.—To bake, 1 hour. COST, 2*s.* to 2*s.* 3*d.* SUFFICIENT for 5 persons.

1—Braised Celery. 2—Leeks. 3—Cauliflower. 4—Brussels Sprouts.
5—Baked Potatoes. 6—Parsnips. 7—New Peas. 8—French Beans.
9—Cabbage. 10—Braised Onions.

CARP, STEWED.

INGREDIENTS.—1 large carp, 1 pint of stock, 1 glass of claret, 1 tablespoonful of flour, 12 small button mushrooms, 2 oz. of butter, 2 or 3 small onions, a bouquet-garni (parsley, thyme, bay-leaf), a good pinch of grated nutmeg, salt and pepper.

METHOD.—Wash the fish in vinegar and water, and cut it into thick slices. Slice the onions, fry them until brown in about 2 oz. of hot butter, then put in the stock, wine, mushrooms, herbs, nutmeg, and seasoning, and, when warm, add the fish, and simmer gently for 30 or 40 minutes. Take out the fish and keep it hot. Have ready the flour and the remainder of the butter kneaded to a smooth paste, add it to the contents of the stewpan, and simmer and stir until the sauce is cooked smoothly. Place the fish on a hot dish, strain the sauce over, and garnish with the mushrooms (heated in sauce), fried roe, and sippets of toast.

TIME.—About 1 hour. AVERAGE COST, *2s. 3d.* SUFFICIENT for 5 or 6 persons. SEASONABLE from November to March.

Note.—This fish can be boiled plain, and served with parsley and butter sauce. Chub, char, dace, and roach may be cooked in the same manner as the above.

COD, CURRIED.

INGREDIENTS.—2 lb. of cod, 1 pint of white stock (fish or meat), 2 oz. of butter, 1 tablespoonful of flour, 1 dessertspoonful of curry-powder, 1 medium-sized onion, salt and pepper, cayenne, a tablespoonful of lemon-juice.

METHOD.—Wash and dry the cod, and cut it into pieces about 1½ inches square. Melt the butter in a stewpan, fry the cod slightly, then take out and set aside. Add the sliced onion, flour, and curry-powder to the butter in the stewpan, and fry 15 minutes, stirring continuously to prevent the onion becoming too brown, then pour in the stock, stir until it boils, and afterwards simmer gently for 20 minutes. Strain and return to the saucepan, add lemon-juice and seasoning to taste, bring nearly to boiling point, then put in the fish, cover closely, and draw aside for about ½ an hour, or until the fish becomes thoroughly blended with the flavour of the sauce. An occasional stir must be given to prevent the fish sticking to the bottom of the stewpan. Dish up and serve with rice. The remains of cold fish may be used, in which case the preliminary frying may be omitted.

TIME. — 1½ hours. AVERAGE COST, from *1s. 9d.* to *2s.* SUFFICIENT for 5 or 6 persons. SEASONABLE from November to March.

COD-FISH PIE.

INGREDIENTS.—1½ lb. of cold cod, 1 dozen oysters (tinned may be used), ½ pint of melted butter sauce, ½ lb. of short paste, or mashed potatoes, salt and pepper, nutmeg.

METHOD.—Take off the beards of the oysters, simmer them for a few minutes in a little water, then strain and mix with the oyster liquor (from fresh oysters). Cut the oysters into 2 or 4 pieces, according to size; divide the fish into large flakes, put half of it into the dish, lay the oysters on the top, season with salt and pepper, grate on a little nutmeg, add the melted butter sauce, and cover with the rest of the fish. Make the short crust paste according to directions given for short crust paste. Or, when a potato covering is preferred, season the potato with salt and pepper, and warm and stir in a saucepan, with a small piece of butter, and 2 or 3 tablespoonfuls of milk. Bake about ½ an hour in a moderate oven.

TIME.—From 1 to 1½ hours. AVERAGE COST, *1s. 9d.* to *2s.* SUFFICIENT for 5 or 6 persons. SEASONABLE from November to March.

COD, HASHED.

INGREDIENTS.—2 lb. of cooked cod, 2 oz. of butter, 1½ oz. of flour,

1 pint of milk, ½ pint of picked shrimps, pepper and salt, mashed potatoes, chopped parsley.

METHOD.—Blend the butter and flour in a stewpan, and fry for a few minutes without allowing them to colour. Add the milk and stir until boiling. Put in the cod, flaked into small pieces, and the shrimps. Cook these together until thoroughly hot, and season carefully. Make a deep border of mashed potatoes on a hot dish. Pour the hash in the centre, and sprinkle a little chopped parsley over the top.

TIME.—½ an hour. AVERAGE COST, 1*s.* 10*d.* to 2*s.* SUFFICIENT for 4 or 5 persons. SEASONABLE from November to March.

COD'S HEAD AND SHOULDERS.

INGREDIENTS.—Cod's head and shoulders, salt, lemons.

METHOD.—Cleanse the fish thoroughly, and rub a little salt over the thick part and inside the fish 1 or 2 hours before dressing it, as this very much improves the flavour. Lay it in the fish-kettle, with sufficient hot water to cover it. Be very particular not to pour the water on the fish as it is liable to break, and keep it only just simmering. If the water should boil away, add a little, pouring it in at the side of the kettle, and not on the fish. Skim very carefully, draw it to the side of the fire, and let it gently simmer till done. Garnish with cut lemon, and serve with either oyster or caper sauce.

TIME.—20 to 25 minutes, according to size. AVERAGE COST, from 4*d.* to 9*d.* per lb. Allow 3 lb. for 6 persons. SEASONABLE from November to March.

COD RÉCHAUFFÉ.

INGREDIENTS.—1 lb. of cooked cod, ½ pint of white sauce, 1 teaspoonful of mushroom sauce, ½ a teaspoonful of anchovy essence, ½ a teaspoonful of mixed mustard, butter, breadcrumbs, salt and pepper.

METHOD.—Free the fish from skin and bones, and separate it into large flakes. Make the sauce as directed, add the mushroom sauce, anchovy essence, mustard, and salt and pepper to taste, put in the fish, mix well together, then turn the whole into a well-buttered fireproof baking-dish. Cover the surface lightly with breadcrumbs, add a few pieces of butter, bake in the oven until well browned, then serve in the dish.

TIME.—To bake, about 15 minutes. AVERAGE COST, 8*d.* to 10*d.*, exclusive of the fish. SUFFICIENT for 3 or 4 persons. SEASONABLE from November to March.

COD'S ROE, SCALLOPED.

INGREDIENTS.—Cod's roe, melted butter or white sauce, cream, brown breadcrumbs, salt, vinegar.

METHOD.—Wash and wipe the cod's roe, and boil for 10 minutes in water with a little salt and vinegar. Cut into dice, and put into some melted butter made with cream or white sauce. Butter a scallop tin, put in the roe, cover with brown breadcrumbs, and brown in the oven, or serve it on hot buttered toast. It is often used as garnish to other fish.

TIME.—½ an hour. AVERAGE COST, 1*s.* SUFFICIENT for 3 or 4 persons. SEASONABLE in the winter.

COD SOUNDS.

METHOD.—These, salted as they are generally bought, should be soaked in milk and water for several hours, and then boiled in milk and water until tender, when they should be drained and served with egg sauce. When suitably dressed they may be served as a fish entrée or breakfast dish.

AVERAGE COST.—6*d.* SEASONABLE from November to March.

COD STEAKS.

INGREDIENTS.—2 slices of cod, 1 to 1¼ inches thick, 1 tablespoonful of flour, ½ teaspoonful of salt, ⅛ of a teaspoonful of pepper, 2 tablespoonfuls of oiled butter, 1 teaspoonful of lemon-juice, frying-fat.

METHOD.—Wash and thoroughly dry the fish. Mix together the flour, salt and pepper, and coat the fish completely with the mixture. Have ready in a frying-pan a good layer of hot fat, put in the fish and fry until crisp and well browned on both sides. Meanwhile melt the butter, add to it the lemon-juice and if liked, a little finely-chopped parsley, or omit both lemon-juice and parsley, and serve simply with oiled butter. When more convenient the fish may be baked in the oven, but it lacks the crispness obtained by frying.

TIME.—½ an hour. AVERAGE COST, about 10*d*. SUFFICIENT for 3 or 4 persons. SEASONABLE from September to April.

CRAB, TO DRESS.

INGREDIENTS.—1 medium-sized crab, 1 hard boiled egg, 2 tablespoonfuls of vinegar, 2 tablespoonfuls of salad-oil, salt and pepper, cayenne.

METHOD.—Empty the shells, mix the meat with the vinegar and oil, and season well. Clean the large shell, put in the mixture and garnish with slices of lemon, parsley and egg, the yolk rubbed through a wire sieve, and the white coarsely chopped.

AVERAGE COST.—10*d*. to 1*s*. 6*d*. SUFFICIENT for 3 or 4 persons. SEASONABLE from April to October.

CRABS, TO CHOOSE.

Crabs of medium size are the best, and, like lobsters, should be judged by their weight.

EEL PIE.

INGREDIENTS.—1½ lb. of eels, ½ pint of meat stock, 1 tablespoonful of mushroom ketchup, 1 dessertspoonful of lemon-juice, pepper and salt, rough puff paste, or puff.

METHOD.—Clean and skin the eels and cut them into pieces about 2 inches long. Put the heads, tails, and fins into a stewpan with the stock, simmer for ½ an hour, then strain and skim well. Place the eels in a piedish, with a good seasoning of salt and pepper between the layers, add the lemon-juice and ketchup to the stock, pour about half of it into a piedish, cover with paste, and bake in a fairly hot oven for 1 hour. Warm the remainder of the stock, and pour it into the pie through a funnel as soon as it is taken from the oven.

TIME.—1 hour to bake. AVERAGE COST, 2*s*. 6*d*. SUFFICIENT for 5 persons. SEASONABLE all the year but best from June to March.

EELS, BOILED.

INGREDIENTS.—4 small eels, a small bunch of parsley, ¾ pint of parsley sauce, a little salt.

METHOD.—Clean and skin the eels, put them into a stewpan with the parsley, a little salt, and warm water to barely cover them. Simmer gently for ½ an hour, or until they are tender, then serve with the sauce poured over them.

TIME.—About ½ an hour. AVERAGE COST, 8*d*. to 1*s*. per lb. SUFFICIENT for 4 or 5 persons. SEASONABLE from June to March.

EELS, FRIED.

INGREDIENTS.—1 or 2 medium-sized eels, 1 tablespoonful of flour, ½ a teaspoonful of salt, ⅛ of a teaspoonful of pepper, 1 egg, breadcrumbs, parsley, salt and pepper frying-fat.

METHOD.—Wash, skin, and dry the eels thoroughly, and divide them into pieces from 2½ to 3 inches long. Mix the flour, salt, and pepper together, and roll the pieces of eel separately in the mixture. Coat carefully with egg and breadcrumbs, fry in hot fat until crisp

and lightly browned, then drain well, and serve garnished with crisply-fried parsley.

TIME.—About 20 minutes. AVERAGE COST, eels, 8*d.* to 1*s.* per lb. ALLOW 2 lb. for 4 or 5 persons. SEASONABLE from June to March.

EELS, FRIED, WITH TARTAR SAUCE.

INGREDIENTS.—2 lb. of eels, ½ pint of good stock, 1 glass of sherry, 1 egg, breadcrumbs, frying-fat, 1½ oz. of butter, tartare sauce.

METHOD.—Wash, skin, dry, and cut the eels into pieces 2½ inches long. Melt the butter in a stewpan, put in the eels and fry until brown, then add the stock (which must be highly seasoned) and sherry, and simmer gently for about 15 minutes. Drain well, and when cool brush over with egg, roll in breadcrumbs, and fry until nicely browned in hot fat. Garnish with fried parsley, and serve with a tureen of tartar sauce.

TIME.—From 1 to 1¼ hours. AVERAGE COST, 2*s.* to 2*s.* 6*d.*, exclusive of the sauce. SUFFICIENT for 4 or 5 persons. SEASONABLE all the year, but best from June to March.

EELS, STEWED.

INGREDIENTS.—2 lb. of eels, 2 oz. of butter, 1 medium-sized onion, 1 dessertspoonful of chopped parsley, salt and pepper.

METHOD.—Skin and clean the eels, cut them into pieces about 2 inches long, and place them in a jar. Add the butter, the onion cut into slices, parsley, salt and pepper, cover closely, and place the jar in a saucepan of cold water, which must be brought slowly to the boil. Cook until the eels are tender; this will take about 1½ hours from the time the water boils. When done, place on a hot dish, and strain the gravy over.

TIME.—From 2 to 2½ hours. AVERAGE COST 1*s.* 9*d.* to 2*s.* 3*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE from June to March but obtainable all the year.

FISH AND OYSTER PIE.

INGREDIENTS.—1 lb. of any cold fish, such as cod or haddock, 1 dozen oysters, pepper and salt to taste, breadcrumbs or puff paste, sufficient for the quantity of fish, ½ a teaspoonful of grated nutmeg, 1 teaspoonful of finely-chopped parsley, melted butter or white sauce.

METHOD.—Clear the fish from the bones, put a layer of it in a pie-dish, add a few oysters, with nutmeg and chopped parsley. Repeat this till the dish is quite full. Pour in some melted butter, or a little thin white sauce, and the oyster liquor. A covering may be formed either of bread-crumbs, which should be browned, or puff paste, which should be cut into long strips, and laid in cross-bars over the fish with a line of paste, first laid round the edge. Bake in a moderate oven.

TIME.—If made of cooked fish, ¼ of an hour; if made of fresh fish and puff paste, ¾ of an hour. AVERAGE COST, 2*s.* SUFFICIENT for 6 persons. SEASONABLE at any time.

FISH CAKES.

INGREDIENTS.—The remains of any cold fish; to each lb. allow ½ lb. of mashed potatoes, 1 oz. of butter, 2 eggs, breadcrumbs, milk, salt and pepper.

METHOD.—Heat the butter in a saucepan, add the fish (coarsely chopped), potatoes, the yolk of 1 egg, salt, pepper, and sufficient milk to moisten thoroughly. Stir the ingredients over the fire for a few minutes, then turn on to a plate. When cold, shape into round, flat cakes, brush them over with egg, cover with breadcrumbs, and fry in hot fat. The fish may be made into one large cake instead of several small ones, in which case grease a flat tin, and shape the mixture as much like a fish as possible. Brush with egg, cover with slightly browned breadcrumbs, and

bake for about 20 minutes in a fairly hot oven.

This dish may be varied by the addition of forcemeat, made of 2 tablespoonfuls of finely-chopped suet, 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely chopped parsley, salt, pepper, grated lemon-rind, or other flavouring, and moistened with egg or milk. Or the forcemeat may be made of 1 tablespoonful of picked and coarsely-chopped shrimps, breadcrumbs, a teaspoonful of anchovy essence, 1 tablespoonful of melted butter, salt, pepper, cayenne, and a little milk. When using forcemeat, spread one half of the fish-cake mixture on the tin in the form of a sole, spread the forcemeat in the centre, leaving bare a narrow margin at the sides, cover with the remainder of the mixture, brush over with egg, sprinkle with browned breadcrumbs, and bake in a moderate oven for 35 or 40 minutes.

TIME.—About ¾ of an hour. AVERAGE COST, 1*s.* 6*d.* for 12 small cakes. SUFFICIENT, 1 lb. fish, etc., for 6 or 7 persons. SEASONABLE at any time.

FISH CAKES FROM PRESERVED SALMON.

INGREDIENTS.—1 tin of salmon, 1 lb. of mashed potatoes, milk, 1 egg, breadcrumbs, salt and pepper, frying-fat, parsley.

METHOD.—When using cold potato stir it over the fire with a little milk until quite hot and smooth. Chop the fish coarsely, add it to the potatoes, season to taste, and stir over the fire until thoroughly mixed, adding a little milk if too dry. Let the mixture cool on a plate, then shape into small round cakes, coat carefully with egg and breadcrumbs, and fry in hot fat until lightly browned. Drain well, and serve garnished with crisply-fried parsley.

TIME.—Altogether, 1½ hours. AVERAGE COST, 9*d.* to 1*s.*

FLOUNDERS, FRIED.

INGREDIENTS.—Flounders, egg and breadcrumbs, boiling fat, fried parsley.

METHOD.—Cleanse the fish, and, 2 hours before they are required, rub them inside and out with salt to render them firm. Wash and wipe them very dry, dip them into egg, and sprinkle over with breadcrumbs, fry them in boiling fat, dish on a folded napkin, or fish paper, and garnish with fried parsley.

TIME.—To fry, from 10 to 15 minutes, according to size. AVERAGE COST, 3*d.* to 1*s.* each, according to size and season. Allow from 6 oz. to 8 oz. per head for breakfast; rather less when served in the fish course of a dinner. SEASONABLE all the year; most plentiful from August to November.

FISH PIE.

INGREDIENTS.—1 lb. of cooked cod or other white fish, 4 oz. of finely chopped suet, 2 tablespoonfuls of mashed potato, 2 tablespoonfuls of white breadcrumbs, 2 eggs, ½ pint of milk (about), browned breadcrumbs, butter, salt and pepper.

METHOD.—Free the fish from skin and bone and chop it coarsely, add the suet, potato, white breadcrumbs, and a good seasoning of salt and pepper. Now stir in the egg with as much milk as will form the whole into a stiff batter, and turn the mixture into a well-buttered baking dish suitable for sending to table. Cover the surface lightly with brown breadcrumbs, and put small bits of butter here and there, and bake in a moderate oven for about 1 hour, or until the mixture is set. Serve hot in the dish in which it is cooked, or if prepared overnight reheat at the time of serving.

TIME.—To bake, about one hour. AVERAGE COST, 10*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

FISH PUDDING.

INGREDIENTS.—1 lb. of any kind of white fish, 4 oz. of finely-chopped suet, 2 oz. of breadcrumbs, 1 teaspoonful of finely chopped parsley, ¼ pint of milk, or stock made from fish bones, 2 eggs, a few drops of anchovy essence, salt and pepper.

METHOD.—Free the fish from skin and bones, and pound it well with the suet (when making it without the aid of a mortar, chop the fish finely, and rub it through a fine sieve); add the breadcrumbs, parsley, salt, pepper, anchovy-essence, and mix well; beat the eggs slightly, add the milk or fish stock and stir into the mixture. Have ready a well-greased plain mould or basin, put in the mixture, cover with a greased paper, and steam gently for nearly 1½ hours. Serve with anchovy, egg, or melted butter sauce.

TIME.—Altogether 2 hours. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

FISH SALAD.

INGREDIENTS.—1 lb. of cooked fish, celery, lettuce, Mayonnaise sauce, hard boiled egg, salt, pepper.

METHOD.—Skin, bone, and shred some cold fish (almost any kind of white fish or salmon will do), put this in a large mixing bowl, add to it ¼ its quantity of lettuce washed and shredded, also ¼ of white cleaned celery (if in season). Cut the celery into shreds or strips, mix all carefully, adding salt and pepper to taste. Arrange neatly in a salad bowl, and pour over some Mayonnaise dressing. Garnish tastefully with hard boiled egg cut into slices. When celery is not obtainable, use shredded chicory, endive, or sliced tomatoes.

TIME.—20 minutes. AVERAGE Cost, 1*s.* 3*d.* to 1*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

FISH SCALLOPED.

INGREDIENTS.—The remains of cold fish of any kind, to each ½ lb. of which allow 1½ oz. of butter, 2 oz. of flour, ½ pint of milk, 1 teaspoonful of anchovy essence, 1 teaspoonful of walnut ketchup, ½ a teaspoonful of made mustard, salt and pepper, cayenne, breadcrumbs.

METHOD.—Melt the butter in a stewpan, add the flour, and cook for 3 or 4 minutes, then pour in the milk, stir until it boils, and let it simmer slowly for 10 minutes. Meanwhile, separate the fish into large flakes, and when the sauce is ready put them into the stewpan with the anchovy essence, ketchup, mustard, and a liberal seasoning of salt and pepper, and a small pinch of cayenne. Stir over the fire until the mixture is thoroughly hot, then fill the scallopshells (previously well buttered), cover lightly with breadcrumbs, place on the top of each small pieces of butter and bake in a hot oven until nicely browned, or brown the surface with a hot salamander.

TIME.—½ an hour. AVERAGE COST, 1*s.* 6*d.*

HADDOCK, BAKED.

INGREDIENTS.—1 large fresh haddock, veal forcemeat, 1 egg, brown breadcrumbs, fat for basting.

METHOD.—Wash, clean, and scale the fish. Make the forcemeat as directed, put it inside the haddock, and sew up the opening. Truss in the shape of the letter S by means of a string securely fastened to the head of the fish, the trussing needle being passed through the body of the fish while held in the required shape, and the string afterwards secured to the tail. Brush over with egg, cover lightly with brown breadcrumbs, and bake in a moderate oven from 30 to 40 minutes, basting occasionally with hot fat. Serve with anchovy or melted butter sauce.

TIME. — To prepare and cook, from 1 to 1¼ hours. AVERAGE COST,

from 1*s.* 2*d.* to 1*s.* 6*d.* SUFFICIENT for 4 persons. SEASONABLE from August to February.

HADDOCK, BOILED.

INGREDIENTS.—1 large fresh haddock, salt.

METHOD.—Clean and wash the fish, cover it with warm water, add salt to taste, bring to the boil, and cook gently from 20 to 30 minutes. Serve with anchovy, parsley, or melted butter sauce.

TIME.—From 15 to 25 minutes. AVERAGE COST, large haddocks, 8*d.* to 1*s.* SUFFICIENT for 3 or 4 persons. SEASONABLE from August to February.

HAKE, BAKED.

INGREDIENTS.—4 slices off a medium-sized hake, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped onion, butter, salt and pepper, flour.

METHOD.—Wash and dry the fish and place the slices side by side in a baking dish. Dredge well with flour, season liberally with salt and pepper, sprinkle on the onion and parsley and add about 1 oz. of butter in small pieces. Bake gently for ½ an hour, basting occasionally, then place the fish on a hot dish, strain the liquor over it, and serve.

TIME.—About ½ an hour. AVERAGE COST, 4*d.* per lb. SUFFICIENT for 3 or 4 persons. SEASONABLE, April to August.

Note.—Any of the methods given for cooking cod or halibut may be applied to hake, but baking will be found the most palatable and satisfactory.

HALIBUT, GRILLED.

INGREDIENTS.—Halibut, oiled butter, salt and pepper.

METHOD.—Divide the fish into slices not more than ¾ of an inch in thickness, brush them over with oiled butter, and sprinkle them with salt and pepper. Place the slices on a clean oiled gridiron, and cook over a clear fire for 10 or 12 minutes, turning them 2 or 3 times during the process. Garnish with lemon and serve with lemon, or any fish sauce that may be preferred.

TIME.—From 10 to 12 minutes. AVERAGE COST, 6*d.* to 1*s.* 2*d.* per lb. ALLOW 6 or 7 oz. per head. SEASONABLE at any time.

HERRINGS, BAKED, FRESH.

INGREDIENTS.—12 fresh herrings, salt and pepper, vinegar, 1 or 2 Spanish onions.

METHOD.—Wash the herrings in 3 or 4 waters, cut off the heads, split them open, and remove the gut and backbone. Season well with salt and pepper, and roll them up tightly, beginning with the neck of the fish, Pack the herrings closely in a piedish, cover them with thin slices of onion, half fill the dish with equal quantities of vinegar and water, and bake in a very slow oven for 2 hours. When done, remove the onion, but let the fish remain in the dish in which they were cooked until ready to serve.

JOHN DORY.

METHOD.—This fish, which is esteemed by most people a great delicacy, is dressed in the same way as a turbot, which it resembles in firmness, but not in richness. Cleanse it thoroughly, cut off the fins, but not the head, which is considered a delicacy, lay it in a fish-kettle, cover with warm water, and add salt to taste. Bring it gradually to near boiling point, and simmer gently for 15 minutes, or rather longer should the fish be very large. Serve on a hot napkin, and garnish with cut lemon and parsley. Lobster, anchovy, or shrimp sauce, and plain melted butter should be sent to table with it.

TIME.—After the water boils, ¼ to ½ an hour, according to size. AVERAGE COST, 1*s.* to 3*s.* SUFFICIENT for 6 or 7 persons. SEASONABLE all the year, but best from September to January.

Note.—Small John Dorys are excellent baked.

KIPPERS.

INGREDIENTS.—Kippers, water, butter.

METHOD.—Trim the kippers and plunge them into boiling water, then take them out, drain, and rub over with a little butter. Kippers may also be fried or grilled, but are then somewhat hard and dry.

TIME, 3 minutes. AVERAGE COST, *2d.* per pair. SEASONABLE, best in winter. SUFFICIENT for—allow a pair for each person.

LOBSTER CROQUETTES.

See **Chicken Cutlets.**

LOBSTER CURRY.

INGREDIENTS.—1 lobster (or tinned lobster of a reliable brand), ¾ pint of fish stock and milk mixed, or all milk may be used, 1 tablespoonful of grated cocoanut, 1 dessertspoonful of curry-powder, 1 teaspoonful of flour, 1 teaspoonful of curry-paste, 2 oz. of butter, 1 large onion, 1 apple (green gooseberries or rhubarb may be substituted), salt, lemon-juice.

METHOD.—Melt the butter in a stewpan, put in the onion (coarsely chopped), the flour, and curry powder, and fry these gently for 10 minutes. Add the stock, milk, curry paste, cocoanut, sliced apple, and salt, stir the mixture until it boils, then cover closely and simmer gently for 1 hour, stirring occasionally. Remove the flesh from the lobster and cut it into inch-square pieces. When the sauce is ready, pour it through a fine strainer, return it to the saucepan, add seasoning to taste, and re-heat. Just before it reaches boiling point put in the pieces of lobster, cover closely, and draw the stewpan to the side of the stove for 15 to 20 minutes, to allow the lobster to become hot and impregnated with the flavour of the sauce, add lemon-juice to taste, and serve with boiled rice.

TIME. — About 2 hours. COST, *2s.* to *2s. 6d.* SUFFICIENT for 4 or 5 persons. SEASONABLE from April to October.

Note.—Crayfish, prawns, and other fish may be curried according to the directions given above; in all cases the fish must be cooked before being added to the sauce.

LOBSTER CUTLETS.

INGREDIENTS.—1 hen lobster, 1½ oz. of butter, 1 oz. of flour, ¼ pint of milk or water, 1 tablespoonful of cream, 1 egg, breadcrumbs, salt, cayenne, parsley, frying-fat.

METHOD.—Remove the flesh from the lobster, and chop it into small pieces. Pound the spawn (if any) with ½ oz. of butter, and pass it through a hair sieve. Melt 1 oz. of butter in a small stewpan, stir in the flour, add the milk, and boil well. Then add to it the lobster, cream, spawn, cayenne, and salt, mix well together, and turn on to a plate to cool. When the mixture is firm enough to mould, make it up into cutlets, cover them with egg and breadcrumbs, and fry until nicely browned in hot fat. Dish in a circle, putting a piece of lobster feeler in each cutlet to represent a bone, and garnish with fried parsley.

TIME.—About 2 or 2½ hours. AVERAGE COST, *1s. 9d.* to *2s. 3d.* SUFFICIENT for 9 or 10 small cutlets.

LOBSTER IN ASPIC.

INGREDIENTS.—1 large or 2 small lobsters, 1 pint of aspic jelly, 3 hard-boiled eggs, 1 large lettuce, a few tarragon leaves, capers, olives stoned, and truffles; oil and vinegar, pepper and salt. Mayonnaise sauce.

METHOD.—Put into a quart border mould enough melted aspic jelly to thinly mask it, when set arrange in it neatly the flesh of the body and claws of the lobster (which should be cut into neat pieces) with a few tarragon leaves and capers, filling up the mould with the jelly. Well wash, dry and shred the lettuce, and mix it with the remainder of the lobster, the

oil, and vinegar, with pepper and salt. When the mould is firmly set, turn it out and pile the salad in the centre and around it as a border, masking it smoothly with a thick Mayonnaise sauce. Lastly, garnish the whole with the eggs cut up, the coral, and the little claws of the lobster, the capers, and truffles, etc.

TIME.—About 2 hours. AVERAGE COST, 3*s.* 6*d.* exclusive of sauce. SUFFICIENT for 6 persons. SEASONABLE at any time.

LOBSTER MAYONNAISE.

INGREDIENTS.—1 large lobster, 4 filleted Gorgona anchovies, 1 hard-boiled egg, 6 stoned olives, 4 gherkins, a few slices of pickled beetroot, a tablespoonful of capers, 1 large or 2 small lettuces, Mayonnaise sauce.

METHOD.—Cut the lobster in two lengthwise, break the claws carefully, remove the meat intact, if possible, and cut the remainder of the lobster into small pieces. Wash and dry the lettuces, tear it into small pieces, put it into a bowl with the small pieces of lobster, and add gradually sufficient Mayonnaise to moisten the whole. Arrange this in the centre of a round dish in the form of a dome, mask it with very stiff Mayonnaise sauce, and surround it with pieces of hard-boiled egg. Garnish tastefully with strips of anchovy, strips or slices of gherkin, fancifully-cut pieces of beetroot, olives and capers. Keep on ice until required, and serve as cool as possible.

TIME.—½ an hour. AVERAGE COST, 3*s.* 6*d.* to 4*s.* SUFFICIENT for 6 to 8 persons. SEASONABLE from April to October.

LOBSTER PATTIES.

INGREDIENTS.—1lb. of puff paste, 1 small lobster, 1½ oz. of butter, ½ oz. of flour, the yolks of 3 eggs, ¼ pint of fish stock or milk (about), ½ gill of cream, ½ a teaspoonful of lemon-juice, a few drops of anchovy essence, cayenne, salt, parsley.

METHOD.—When giving the paste its last turn, roll it out to a thickness of ½ an inch, and with a hot wet cutter of 2½ inches diameter stamp out 8 or 9 rounds of paste. Brush them over with a beaten egg, then make an inner ring to about ½ the depth of the paste with a 1-inch diameter cutter, previously dipped in hot water. Bake them in a hot oven from 20 to 25 minutes, then remove and take care of the tops, scoop out the soft inside and keep the patty-cases warm. Melt the butter in a stewpan, add the flour, and cook a few minutes; then pour in the fish stock or milk, and stir until the sauce boils. Simmer for 10 minutes, add the cream, yolks of eggs, lemon-juice, anchovy essence, and seasoning to taste, simmer gently until the yolks of the eggs thicken, then pass through a cloth or fine sieve. Return to the stewpan, put in the lobster (cut into dice), when thoroughly hot put into the cases, put on the covers, garnish with parsley, and serve.

TIME.—½ an hour, after the paste is made. AVERAGE COST 1*s.* 8*d.*, exclusive of the paste. SUFFICIENT for 8 or 9 patties. SEASONABLE from April to October.

LOBSTER, POTTED.

INGREDIENTS.—Tinned lobster, butter, anchovy sauce, cayenne.

METHOD.—Drain and pound the lobster to a paste, adding sufficient butter and anchovy sauce to moisten it. Season highly with cayenne, if available, pass the mixture through a fine sieve, press it into small pots, and cover it with clarified butter.

TIME.—About 35 minutes. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 5*d.*, when the whole tin is used. SUFFICIENT for 3 or 4 pots.

LOBSTER RISSOLES.

INGREDIENTS.—1 small lobster, puff paste trimmings, 1 yolk of egg, 1 or 2 tablespoonfuls of white sauce or fish sauce, ½ a teaspoonful of

finely chopped parsley, cayenne, egg, and breadcrumbs, frying-fat.

METHOD.—Remove the flesh of the lobster from the shell, and chop it finely. Put it into a saucepan with the yolk of egg, white sauce, parsley and a pinch of cayenne, and stir over the fire until thoroughly hot. Season to taste, turn it on to a plate, and put aside until cold. Roll the paste out as thinly as possible, stamp out into rounds about 2 inches in diameter, and place a little of the lobster preparation in the centre of each. Moisten the edge of the paste with cold water, fold over in a half-moon shape, and coat carefully with egg and breadcrumbs, or if preferred, egg and crushed vermicelli. Have ready a deep pan of hot fat, fry the rissoles to a golden brown colour, then drain well, dish up and serve.

TIME.—About 2 hours. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 10*d.* SUFFICIENT for about 10 rissoles. SEASONABLE at any time.

LOBSTER SALAD.

INGREDIENTS.—1 hen lobster, lettuces, endive, small salad (whatever is in season), a little chopped beetroot, 2 hard-boiled eggs, a few slices of cucumber. For dressing: 4 tablespoonfuls of oil, 2 tablespoonfuls of vinegar, 1 teaspoonful of made mustard, the yolks of 2 eggs, cayenne, and salt to taste, ½ of a teaspoonful of anchovy sauce. These ingredients should be mixed perfectly smooth, and form a creamy sauce.

METHOD.—Wash the salad, and thoroughly dry it by shaking it in a cloth. Cut up the lettuces and endive, pour the dressing on them, and lightly mix it in the small salad. Blend all well together with the meat of the lobster. Pick the meat from the claws, cut it up into nice, square pieces, put half in the salad, and reserve the other half for garnishing. Separate the yolks from the whites of 2 hard-boiled eggs, chop the whites finely, and rub the yolks through a sieve. Arrange the salad lightly on a glass dish, and garnish, first with a row of sliced cucumber, then with the pieces of lobster, the yolks and whites of the eggs, coral and beetroot placed alternately, and arrange in small separate groups so that the colours contrast nicely. Tinned lobsters may be used.

TIME.—About 20 minutes. AVERAGE COST, 3*s.* 6*d.* SUFFICIENT for 6 persons. SEASONABLE from April to October.

Note.—A few crayfish make an effective garnish to lobster salad.

LOBSTERS, TO DRESS.

Wash the lobsters well before boiling, tie the claws securely, and throw the lobster, head first, into a saucepan of salted boiling water; this method instantly destroys life. Then boil the lobster gently from 20 to 40 minutes, according to its size, but avoid overcooking, which causes the flesh to become hard. When cool enough to handle, rub over with a little salad-oil to brighten the colour. When quite cold, break off the claws and tail, and divide the latter lengthwise by the line running from head to tail. Place the body upright in the centre of a dish, with one half of the tail on either side, and at the ends arrange the claws, which should be previously cracked with a hammer without injuring the flesh. The dish should be garnished tastefully with parsley.

TIME.—From 20 to 40 minutes. AVERAGE COST, 1*s.* 3*d.* to 3*s.* 6*d.* each, according to size.

MACKEREL, BAKED.

INGREDIENTS.—2 mackerel of medium size, veal forcemeat, 1 oz. of butter or sweet dripping, pepper and salt, flour.

METHOD.—Clean the fish, take out the roes, put in the forcemeat, and sew up the opening. Put them with the roes into a baking-dish, add the butter or dripping, dredge

with flour, sprinkle well with salt and pepper, and bake from 30 to 40 minutes, basting occasionally. Serve with parsley sauce or melted butter sharpened by the addition of lemon-juice, and finely chopped parsley.

TIME.—About 1 hour altogether. AVERAGE COST, 6*d.* to 9*d.* each. SUFFICIENT for 4 or 5 persons. SEASONABLE from April to July.

MACKEREL, BOILED, WITH PARSLEY SAUCE.

INGREDIENTS.—2 mackerel, water, salt, parsley sauce.

METHOD.—Remove the roes, wash the fish, put them into the fish-kettle, with just sufficient hot water to cover them, and add salt to taste. Bring the water gently to near boiling point, then draw the kettle aside, and cook very gently for about 10 minutes. If cooked too quickly, or too long, the skin is liable to crack and spoil the appearance of the fish. It is a sure indication that the fish is sufficiently cooked when the skin becomes loose from the flesh. Drain well, place the mackerel on a hot dish, pour over them a little parsley sauce, and serve the remainder separately in a tureen. Fennel and anchovy sauces may also be served with boiled mackerel.

TIME.—From 10 to 15 minutes. AVERAGE COST, 6*d.* to 9*d.* each. SUFFICIENT for ,5 or 6 persons. SEASONABLE from April to July.

MACKEREL, BROILED.

INGREDIENTS.—1 large mackerel, a little salad-oil or butter, salt and pepper.

METHOD.—Do not wash the fish, but wipe it clean and dry. Split it down the back, sprinkle it well with seasoning, and brush lightly over with salad-oil or warm butter. The fish has a more delicate flavour if wrapped in a well-buttered paper, but it may be broiled without it. The fire must be clear, and the fish should be turned frequently. Allow 15 to 20 minutes for a mackerel of medium size, and a few minutes longer when broiled in paper. Serve with Maitre d'Hotel butter or parsley sauce.

TIME.—15 to 25 minutes. AVERAGE COST, from 6*d.* to 10*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE from April to July.

MACKEREL, PICKLED.

INGREDIENTS.—2 or 3 mackerel, ½ pint of vinegar, water, 12 peppercorns, 2 bay-leaves, allspice, salt and pepper.

METHOD.—Clean and wash the fish and take out the roes. Place the mackerel in an earthenware baking dish with the roes (mackerel are best in that part of the season when the roes are not full grown), sprinkle them well with salt and pepper, add the bay leaves, allspice, peppercorns, vinegar, and about ¼ pint of water, cover with a greased paper, and bake in a cool oven for nearly 1 hour. Let them remain in the liquor until required.

TIME.—About 1 hour. AVERAGE COST, 6*d.* to 1*s.* each. SUFFICIENT for 4 or 5 persons. SEASONABLE from April to July.

MULLET, GREY.

INGREDIENTS.—4 grey mullet.

METHOD.—Clean the fish and, if large, place them in warm salted water; if small, they may be put into hot water, and cooked gently for 15 or 20 minutes. Serve with anchovy or melted butter sauce.

TIME.—From 15 to 20 minutes. AVERAGE COST, 1*s.* 9*d.* to 2*s.* ALLOW 1 small mullet to each person. SEASONABLE all the year but best from July to October.

MULLET, RED, GRILLED.

INGREDIENTS.—3 moderate sized fish, 2 oz. of butter, 1 dessert-spoonful of finely-chopped parsley, pepper and salt, the juice of a lemon.

METHOD.—After cleaning the

fish, replace the livers with some finely chopped parsley and seasoning, mixed with butter. Wrap each fish in an oiled paper, sprinkling over them some of the seasoning, and grill them over a red fire, holding a salamander above so as to avoid turning them. When done, squeeze the juice of the lemon over them and serve.

TIME.—To grill, from 10 to 12 minutes. AVERAGE COST, *2s. 6d.* SUFFICIENT for 3 or 4 persons, SEASONABLE at any time, but most plentiful in summer.

OYSTERS, FRIED.

INGREDIENTS.—1 dozen oysters, fritter batter, ½ a teaspoonful of finely-chopped parsley, ¼ of a saltspoonful of grated lemon rind, frying-fat.

METHOD.—Blanch the oysters in their own liquor, strain just before boiling point is reached and dry them well. Make the batter as directed, and add the parsley and lemon-rind. Dip each oyster separately in the batter, fry in hot fat until crisp and lightly browned, then drain well and serve.

TIME.—To fry, about 4 minutes. AVERAGE COST, *2s.* per dozen. SEASONABLE from September to April.

OYSTER FRITTERS.

INGREDIENTS.—12 large oysters, 3 oz. of flour, ¼ pint of tepid water, 1 tablespoonful of salad-oil or oiled butter, the whites of 2 eggs, salt, frying-fat.

METHOD.—Make a batter by stirring the water and salad-oil gradually into the flour; when perfectly smooth add the salt, and lastly the stiffly-whipped whites of eggs. Beard the oysters, dip them in the batter, and fry them in hot fat until they acquire a golden-brown colour.

TIME.—½ an hour. AVERAGE COST, *1s. 9d.* to *2s. 3d.* SUFFICIENT for 6 persons. SEASONABLE from September to April.

OYSTER PATTIES.

INGREDIENTS.—1 lb. of puff paste, 24 oysters, 2 oz. of butter, 1 oz. of flour, the yolks of 3 eggs, ¼ pint of fish stock or milk (about), ½ gill of cream, ½ a teaspoonful of lemon-juice, salt and pepper, parsley.

METHOD.—When the paste has had the necessary number of turns, roll it out to a thickness of about ½ an inch, and with a hot wet cutter of 2½ inches diameter stamp out 8 or 9 rounds of paste. Brush these over with beaten egg, then make an inner ring to about half the depth of the paste with a cutter 1 inch in diameter, previously dipped in cold water. Bake them in a hot oven for 20 or 25 minutes, then remove and take care of the tops, scoop out the soft inside, and keep the patties warm until required. Meanwhile, put the oysters and their liquor into a saucepan, let them come to the boil, drain them, put the liquor aside remove the beards, and cut each oyster in two. Melt the butter in a stewpan, add the flour and cook for 3 or 4 minutes, add the oyster liquor with enough milk to make ½ a pint, and stir until the sauce boils. Simmer for 10 minutes, add the cream, the yolks of the eggs, lemon-juice, and seasoning to taste; simmer again gently until the yolks of the eggs thicken. Reheat, add the oysters, and when thoroughly hot, place in the puff paste cases, put on the covers, garnish with parsley, and serve.

TIME.—½ an hour after the paste is made. AVERAGE COST, about *2s. 6d.*, exclusive of the paste. SUFFICIENT for 8 or 9 patties. SEASONABLE from September to April.

OYSTERS, SCALLOPED.

INGREDIENTS.—12 large or 18 small oysters, 2 or 3 tablespoonfuls of thick white sauce, lemon-juice, white bread-crumbs, butter, pepper and salt.

METHOD.—Blanch the oysters in their own liquor, remove the beards

and cut them in halves. Strain the liquor into the white sauce, boil until sufficiently reduced, then add lemon-juice, salt and pepper to taste. Brush 8 or 9 small scallop shells over with nearly cold clarified butter, and coat with the breadcrumbs. Distribute the oysters equally, add the prepared sauce, cover lightly with breadcrumbs, put 2 or 3 morsels of butter on the top of each, bake in a quick oven until nicely browned, and serve hot.

TIME.—20 minutes. AVERAGE COST, 1*s.* 9*d.* to 2*s.* 9*d.* SUFFICIENT for 7 or 8 persons. SEASONABLE from September to April.

OYSTER SOUFFLÉ.

INGREDIENTS —2 small whitings, 6 large sauce oysters, 1½ oz. of flour, 2 oz. of butter, about ½ pint of milk, ½ gill of cream, ½ a tablespoonful of anchovy essence, 3 eggs, seasoning.

METHOD.—Skin the whitings, remove all the meat from the bones, and pound it in a mortar. Melt the butter in a stewpan, add the flour and cook a little without browning ; moisten with the milk and oyster liquor, stir briskly until quite smooth, then add the cream. Cook a little longer, but stir all the while. Remove the beards from the oysters, cut the latter into dice, and put them into the mixture ; season to taste with salt, pepper, and nutmeg, work in the yolks of the eggs, the anchovy essence, and the pounded fish. Whisk the whites of the eggs to a stiff froth, and mingle them carefully with the mixture. Three parts fill a well-buttered soufflé-tin or Charlotte mould, steam for about 45 minutes. Remove from the mould, and serve with a white sauce.

TIME.—To steam, about 45 minutes. AVERAGE COST, 2*s.* SUFFICIENT for 6 persons. SEASONABLE from September to April.

PIKE, BAKED.

INGREDIENTS.—1 small pike (about 4 lb.), 4 oz. of veal forcemeat, 1 egg, brown breadcrumbs, butter, or fat for basting.

METHOD.—Wash, clean, and scale the fish, and remove the fins and gills. Fill the inside with forcemeat, sew up the opening, brush over with beaten egg, and cover with breadcrumbs. Sometimes the fish is trussed in a round shape, the tail being fastened in the mouth by means of a skewer. Before putting the fish in the oven it should be well basted with hot fat or butter, and as this fish is naturally dry it must be frequently basted, and kept covered with a greased paper while cooking. Bake gently from 40 to 45 minutes, and serve with a suitable sauce.

TIME.—Altogether, about 1 hour. AVERAGE COST about 2*s.* 6*d.* SUFFICIENT for 8 to 10 persons. SEASONABLE from September to February.

PIKE, BOILED.

INGREDIENTS.—1 pike, salt, vinegar.

METHOD.—Pour boiling water over the fish until the scales look dull, then plunge it into cold water, and remove the scales at once with the back of the knife. Empty the fish, remove the gills and fins, and wash well. Have ready a fish-kettle of warm water, add salt and vinegar to taste, put in the fish, and boil gently until the fish separates easily from the bone (one weighing 4 lb. would require about 25 or 30 minutes). Serve with Hollandaise, anchovy, or melted butter sauce.

TIME.—According to size, from ½ to 1 hour. AVERAGE COST, 3*d.* to 6*d.* per lb. SUFFICIENT for 8 persons. SEASONABLE from September to February.

PIKE, CRIMPED AND FRIED.

INGREDIENTS.—Pike, egg, breadcrumbs, frying-fat, salt, piquante, anchovy, or brown caper sauce.

METHOD.—Pike for this purpose

should be fairly large and quite fresh. Scale and clean the fish thoroughly, cut it into ½-inch slices, and cover these with very cold water. Let them remain until the flesh becomes sufficiently firm, then dry well, and rub lightly with flour seasoned with salt and pepper. Brush over with beaten egg, coat carefully with breadcrumbs, and afterwards fry in hot fat until lightly browned. Drain well, garnish with crisply-fried parsley, and serve the sauce separately.

TIME.—½ an hour. AVERAGE COST, 3*d.* to 6*d.* per lb. SEASONABLE at its best, from September to March.

PLAICE, BAKED.

INGREDIENTS.—1 medium-sized plaice, 2 tablespoonfuls of white breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 dessertspoonful of finely-chopped parsley, ¼ of a teaspoonful of mixed herbs, a pinch of nutmeg, salt and pepper, 1 egg, pale browned breadcrumbs, a little fat or butter, milk.

METHOD.—Mix the white breadcrumbs, suet, parsley, herbs, and nutmeg together, season well with salt and pepper, add ½ the egg, and enough milk to thoroughly moisten the whole. Make an incision down the centre of the fish as for filleting, raise the flesh each side as far as possible, and fill with the forcemeat. Instead of drawing the sides of the fish close together, fill up the gap with forcemeat, and, with a knife flatten the surface to the level of the fish. Brush over with the remaining half of the egg, cover lightly with the pale browned breadcrumbs, place a few small pieces of butter on the top, and bake from 20 to 30 minutes in a moderate oven. Serve with a suitable sauce.

TIME.—To prepare and cook, from 35 to 40 minutes. AVERAGE COST, 1*s.* to 1*s.* 6*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE all the year.

Note.—The forcemeat may be varied by using shrimps or oysters (*see* Fish Cakes).

PLAICE, FRIED.

INGREDIENTS.—1 medium-sized plaice, egg, breadcrumbs, frying-fat, flour, salt and pepper, parsley.

METHOD.—Wash, dry and fillet the fish, and cut it into pieces convenient for serving. Season a good tablespoonful of flour rather highly with salt and pepper, and in it dip each piece of fish, then brush over with egg, cover with breadcrumbs, and fry in hot fat until nicely browned. Garnish with fried parsley, and serve with anchovy shrimp, or melted butter sauce.

TIME.—To prepare and cook, about ½ an hour. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE all the year round.

PLAICE, OR SOLES, ROLLED.

INGREDIENTS.—1 plaice or 2 soles, lemon-juice, pepper, and salt, ½ a shallot, 1 bay-leaf, parsley, 2 cloves 1 oz. of butter, 1 oz. of flour, 1 gill of milk, 1 gill of water.

METHOD.—Fillet the plaice, season the fillets with salt, pepper, and lemon-juice. Roll them, and put them on a greased baking-sheet, with a greased paper over them. Put the bones into a stewpan with the milk and water, bay leaf, parsley stalks, cloves, and shallot, simmer for 20 minutes and strain. Melt the butter, add the flour, and cook for a few minutes, then add the fish stock, and stir the ingredients until they boil. Bake the rolled fillets for about 10 minutes, or until cooked sufficiently, and season to taste. Dish them neatly on a hot dish, strain the sauce over, sprinkle a little chopped parsley on the top, and serve very hot.

TIME.—To bake, from 5 to 10 minutes. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.*, when plaice is used. SUFFICIENT for 5 or 6 persons. SEASONABLE all the year round.

PRAWNS, CURRY OF.

INGREDIENTS.—2 dozen prawns, 1½ oz. of butter, 1 dessertspoonful

of curry-powder, 1 dessertspoonful of flour, 1 sour apple coarsely chopped, 1 small onion sliced, 1 tablespoonful of cocoanut grated, 1 teaspoonful of lemon-juice, ½ pint of stock, salt.

METHOD.—Shell the prawns and put them aside. Melt the butter in a stewpan, fry the onion without browning, then add the curry-powder and flour, and fry slowly for at least 20 minutes. Add the stock, apple, cocoanut, and a little salt, simmer gently for ½ an hour, then strain and return to the stewpan. Season to taste, add the lemon-juice, put in the prawns, and when thoroughly hot serve with well-boiled rice.

TIME.—About 1 hour. AVERAGE COST, *2s. 6d.* to *6s.*, according to the size of the prawns. SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

SALMON, BOILED.

INGREDIENTS.—Salmon. For the court-bouillon (or highly-seasoned fish stock), allow to each quart of water 1 dessertspoonful of salt, 1 small turnip, 1 small onion, ½ a leek, 1 strip of celery, 6 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf).

METHOD.—Put into the fish-kettle just enough water to cover the fish, and when boiling add the prepared vegetables and cook gently for 30 minutes. In the meantime, wash, clean, and scale the fish, and tie it loosely in a piece of muslin. Remove any scum there may be on the court-bouillon, then put in the fish and boil gently until sufficiently cooked (the time required depends more on the thickness of the fish than the weight; allow 10 minutes for each lb. when cooking a thick piece, and 7 minutes for the tail end), then drain well, dish on a folded napkin, garnish with parsley, and serve with sliced cucumber and Hollandaise or other suitable sauce.

TIME.—From 7 to 10 minutes per lb. AVERAGE COST, from *1s. 3d.* to *2s. 6d.* per lb. SUFFICIENT, allow from 4 to 6 oz. per head. SEASONABLE from April to August.

SALMON, CRIMPED.

Salmon should be crimped as soon as possible after being caught. Deep gashes about 2 inches apart should be made on both sides of the fish, which should at once be plunged into cold water and allowed to remain for 2 hours, changing the water 3 times at least.

SALMON, CURRIED.

See **Prawns, Curry of.**

SALMON CUTLETS.

INGREDIENTS.—Slices of salmon, butter, pepper and salt, anchovy or caper sauce.

METHOD.—Cut the slices 1 inch thick, and season them with pepper and salt. Butter some sheets of white paper, enclose each slice of fish separately, and secure the end of the paper case by twisting tightly, broil gently over a clear fire, and serve with anchovy or caper sauce.

TIME.—From 10 to 15 minutes. AVERAGE COST, *1s. 3d.* to *2s. 6d.* per lb. SEASONABLE from April to August.

SALMON, MAYONNAISE OF.

INGREDIENTS.—Cold boiled salmon, lettuce, cucumber, beetroot, gherkins, capers, boned anchovies, hard-boiled eggs, mayonnaise sauce.

METHOD.—A mayonnaise of salmon may consist of a large centre-cut, a thick slice, or the remains of cold salmon cut into pieces convenient for serving. In all cases the skin and bone must be removed, and the fish completely masked with thick mayonnaise sauce, the stiffening properties of which are greatly increased by the addition of a little liquid, but nearly cold, aspic jelly. When procurable, a little endive should be mixed with the lettuce, for although the somewhat bitter flavour of this salad plant is disliked by many people, its delicate, feathery leaves greatly

improve the appearance of any dish of which it forms a part. Many other garnishings, in addition to those enumerated above, may be used; the leaves of the tarragon and chervil plants, and fancifully cut thin slices of truffle being particularly effective when used to decorate the surface of mayonnaise sauce (*see* Lobster Mayonnaise).

AVERAGE COST.—Salmon, *1s. 3d.* to *2s. 6d.* per lb.

SALMON, PICKLED.

INGREDIENTS.—Salmon, ½ oz. of whole pepper, ½ oz. of whole allspice, 1 teaspoonful of salt, 2 bay-leaves, equal quantities of vinegar and the liquor in which the fish was boiled.

METHOD.—After the fish comes from table and the bones have been removed, lay it in a clean deep dish. Boil the liquor and vinegar with the other ingredients for 10 minutes, let them stand to get cold, then pour them over the salmon, and in 12 hours it will be ready for use.

TIME.—10 minutes. AVERAGE COST. *1s. 3d.* to *2s. 6d.* per lb. SEASONABLE from April to August.

SALMON STEAKS.

These may be enclosed in an oiled or buttered paper, and either grilled or fried in hot butter in a sautépan, or they may be coated with egg and breadcrumbs and fried. Serve with sliced cucumber and a suitable sauce.

SCALLOPS, FRIED.

INGREDIENTS.—18 scallops, 1 egg, ½ oz. of butter, 2 oz. of flour, 1 gill of milk, salt, pepper, and cayenne, frying-fat, parsley.

METHOD.—Drain the scallops on a cloth. Sift the flour into a basin, add a pinch of salt; melt the butter, beat up the egg, stir both into the flour, add the milk, and work until quite smooth. If too thick, a little more melted butter or milk may be added. Let the batter stand for an hour, then stir in a dessertspoonful of chopped parsley. Season the scallops with a little salt, a good pinch of white pepper, and a small pinch of cayenne. Dip them into the batter, drop them one by one into hot fat, fry to a golden-brown, drain on a cloth, pile up on a hot dish, garnish with fried parsley, and serve with lobster or tomato sauce.

TIME.—To fry, from 5 to 6 minutes. AVERAGE COST, *1s. 6d.* SUFFICIENT for 8 or 9 persons. SEASONABLE from January to June.

SCALLOPS IN SHELLS.

INGREDIENTS.—1½ dozen of scallops, a cupful of breadcrumbs, 1 oz. of butter, 1 gill of white sauce, cayenne and salt, a little chopped parsley, and a squeeze of lemon.

METHOD.—Trim the scallops by cutting off the beards and black parts, cleanse 6 shells, butter them, and strew in a few breadcrumbs. Put 3 scallops in each, season them with the cayenne, chopped parsley, and a drop or two of lemon-juice. Put a little pepper and salt with the breadcrumbs, cover the scallops with white sauce, sprinkle with breadcrumbs, place little pieces of butter on the top, and bake for about 20 minutes.

TIME.—20 minutes. AVERAGE COST, *1s. 6d.* to *2s.* SUFFICIENT for 6 persons. SEASONABLE from January to June.

SCALLOPS, STEWED.

INGREDIENTS.—12 scallops, 1 oz. of butter, 1 oz. of flour, lemon-juice or vinegar, salt and pepper.

METHOD.—Open the shells like an oyster, remove the scallops, and trim away the beard and black parts. Wash well in 2 or 3 waters, then cover them with warm water and boil gently from 50 to 60 minutes. Meanwhile, knead the flour and butter well together, mix in a little salt and pepper, separate into small pieces, and add them to the contents of the stew-pan 20 minutes before serving. When ready, place the scallops on

a hot dish, season the sauce to taste, add the lemon-juice or vinegar, and pour over the fish.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 6*d.* to 2*s.* SUFFICIENT for 4 persons. SEASONABLE from January to June.

SKATE, BOILED.

INGREDIENTS.—1 skate, salt.

METHOD.—Clean and skin the skate, put it into a fish-kettle containing sufficient salted warm water to just cover it, and simmer gently for about 30 minutes, or until the fish separates readily from the bone. Drain well, dish on a folded napkin, and serve with shrimp, lobster, or caper sauce.

TIME.—From 30 to 50 minutes, according to size. AVERAGE COST, from 4*d.* to 6*d.* per lb. SEASONABLE from August to April.

SKATE, SMALL, FRIED.

INGREDIENTS. Skate, vinegar, salt and pepper to taste, 1 sliced onion, a small bunch of parsley, the juice of ½ a lemon, frying-fat.

METHOD.—Cleanse the skate, lay them in a dish with vinegar and water in equal parts to cover them, add the salt, pepper, onion, parsley, and lemon-juice, and let the fish remain in this pickle for 1½ hours. Drain them well, flour them or cover them with egg and breadcrumbs, and fry in hot fat until nicely browned. They may be served either with or without sauce. Skate is not good if dressed too fresh, unless it is crimped and it should, therefore, be kept for a day.

TIME.—10 minutes. AVERAGE COST from 4*d.* per lb. SEASONABLE from August to April.

SKATE WITH BROWN BUTTER.

Proceed as directed in the recipe for Skate, Boiled, and serve on a hot dish without a napkin. Meanwhile, heat 1 oz. of fresh butter until it becomes nut-brown in colour, then add a teaspoonful of vinegar and a little chopped parsley. Pour this hot over the fish, garnish with sprigs of parsley, and serve.

SMELTS, TO BAKE.

INGREDIENTS.—12 smelts, breadcrumbs, 2 oz. fresh butter, salt and cayenne to taste.

METHOD.—Wash and dry the fish thoroughly in a cloth, and arrange them nicely in a flat baking-dish. Cover them with fine breadcrumbs, and place over them little pieces of butter. Season and bake for 15 minutes. Just before serving, add a squeeze of lemon-juice, and garnish with fried parsley and cut lemon.

TIME.—15 minutes. AVERAGE COST, from 1*s.* to 2*s.* per dozen. SUFFICIENT for 4 persons. SEASONABLE from October to May.

SMELTS, TO FRY.

INGREDIENTS.—Smelts, egg and breadcrumbs, a little flour, boiling fat or oil.

METHOD.—Smelts should be very fresh, and not washed more than is necessary to cleanse them. Dry them in a cloth, flour lightly, dip them in egg, cover with very fine breadcrumbs, and put them into boiling fat or oil. Fry a nice pale brown, then drain the smelts before the fire on a piece of paper, and serve with plain melted butter. This fish is often used as a garnish.

TIME.—5 minutes. AVERAGE COST, from 1*s.* to 2*s.* per dozen. SEASONABLE from October to May.

SOLE AU GRATIN.

In France there is but one way of doing Sole au Gratin, but in England there are several ways. There is, however, no better method than the French; and a sole cooked "au gratin" after the French manner is an exceedingly tasty dish, and once introduced will be preferred to all others.

INGREDIENTS.—1 large sole, ½ a glass of white wine, preserved mushrooms sliced, Italian sauce, mushroom liquor, chopped parsley,

brown breadcrumbs, butter, salt and pepper, lemon-juice.

METHOD.—Take the sole, skin both sides, cut off the head, and fins, and make several incisions with a knife across one side of the fish. Place, cut side upwards, on a well-buttered fire-proof "gratin dish," season with pepper and salt, add half a small glass of white wine, a few drops of lemon-juice, a little mushroom liquor and some chopped parsley. Place a row of sliced preserved mushrooms down the centre of the fish, and cover with a rich Italian sauce. Sprinkle with brown breadcrumbs, put a few tiny bits of butter here and there on top of the fish, and bake in a moderate oven from 20 to 30 minutes, according to the size of the sole. Place the dish as it leaves the oven on another (larger) dish, and send to table.

TIME.—From 20 to 30 minutes. AVERAGE COST, 1*s.* 9*d.* to 2*s.* 6*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE all the year.

SOLE, BOILED.

INGREDIENTS.—1 large sole, salt.

METHOD.—Wash and clean the fish, but do not skin it, and cut off the fins. Have ready a fish kettle with sufficient warm water to cover the fish, add salt to taste, put in the sole, and cook gently from 10 to 12 minutes, according to its size. Drain well, dish on a folded napkin, garnish with parsley and cut lemon, and serve with shrimp, lobster, or plain melted butter sauce.

TIME.—After the water boils, 10 to 12 minutes for a large sole. AVERAGE COST, 1*s.* 9*d.* to 2*s.* 3*d.* SUFFICIENT for 4 persons.

SOLE, FRIED.

INGREDIENTS.—1 medium-sized sole, oil or clarified fat, egg breadcrumbs, flour, salt and pepper.

METHOD.—Wash and skin the sole, cut off the fins, and dry well. Add a liberal seasoning of salt and pepper to a teaspoonful of flour, rub it well into the sole, then brush it over with egg, and cover with fine breadcrumbs. Lift it carefully on to the wire drainer, lower it into the hot oil or fat, and fry until it acquires a pale, golden-brown colour. Soles may also be fried, though less easily, and sometimes less satisfactorily, in a large frying-pan. The oval form is preferable for the purpose; and in frying, care should be taken to first cook the side of the sole intended to be served uppermost, otherwise breadcrumbs that have become detached from the side first fried may adhere to the side next cooked, and spoil its appearance. Drain well on kitchen paper, and serve garnished with fried parsley.

TIME.—About 10 minutes. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SUFFICIENT for 2 or 3 persons. SEASONABLE all the year.

SOLE, WITH FINE HERBS.

INGREDIENTS.—1 medium-sized sole, 1 oz. of butter, ¼ pint of good stock, 1 glass of sherry, 2 finely-chopped shallots, 1 tablespoonful of finely-chopped parsley, ½ a teaspoonful each of anchovy and Harvey's sauce, salt and pepper.

METHOD.—Melt the butter in a sautépan, add the rest of the ingredients, except the anchovy and Harvey's sauce, and warm gradually. Wash and skin the sole, put it into the pan as soon as the contents are hot, cover closely, and cook in a moderate oven for ½ an hour. Just before serving add the anchovy and Harvey's sauce, then place the sole on a hot dish, and strain the sauce over.

TIME.—About 40 minutes. AVERAGE COST, 2*s.* 3*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

SPRATS.

Sprats should be cooked very fresh. Their condition can be ascertained by their eyes, which should be bright. Wipe them dry,

fasten them in rows by a skewer run through the eyes, dredge with flour, and broil them on a gridiron over a nice clear fire. The gridiron should be rubbed with suet. Serve very hot, with cut lemons and brown bread and butter.

TIME.—3 or 4 minutes. AVERAGE COST, 1*d.* to 3*d.* per lb. ALLOW 1 lb. for 3 persons. SEASONABLE from November to March.

SPRATS, DRIED.

Dried sprats should be put into a basin, and boiling water poured over them; they may then be skinned and served, and this will be found a much better way than boiling them. They can also be broiled.

TURBOT AU GRATIN.

INGREDIENTS.—Remains of cold turbot, Béchamel, or any good white sauce, breadcrumbs, butter.

METHOD.—Cut the flesh of the turbot into small dice, carefully freeing it from all skin and bone. Place it in a fireproof baking dish or dishes, add a little good white sauce, and a sprinkling of grated cheese, cover with finely-grated browned breadcrumbs, and place small pieces of butter over the top. Brown it in the oven or with a salamander.

TIME.—Altogether, ½ an hour. SEASONABLE at any time.

TROUT, BAKED.

INGREDIENTS.—2 trout, veal forcemeat (*see* forcemeats), 3 oz. of butter, 1 oz. of flour, 1 dessertspoonful of capers, 1 teaspoonful of lemon-juice, ½ teaspoonful of anchovy-essence, pepper and salt.

METHOD.—Clean, scale, empty, and dry the fish. Make the forcemeat as directed, put it inside the trout, and sew up the openings. Place the fish in a baking-tin or dish with 2 oz. of butter, and bake in a moderate oven for about ½ an hour, basting frequently. Fry the flour and the rest of the butter together; and when the fish is ready remove it to a hot dish, and strain the liquor in the baking-dish on to the flour and butter. Add about ½ a pint of stock and stir until it boils and becomes smooth, then add the capers, lemon-juice, anchovy-essence, and season to taste. Simmer for 10 minutes, then pour over the fish and serve.

TIME.—1 hour, altogether. AVERAGE COST, 1*s.* to 2*s.* per lb. SUFFICIENT for 5 or 6 persons. SEASONABLE from February to September.

TROUT, BOILED.

INGREDIENTS.—2 medium-sized trout, ½ of a pint of melted butter, 1 tablespoonful of coarsely-chopped gherkin, salt and pepper.

METHOD.—Empty and wash the trout, barely cover them with hot, but not quite boiling, salted water, and simmer gently from 10 to 12 minutes, according to size. Have the sauce ready, add the gherkin, season to taste, pour over the fish and serve.

TIME.—From 10 to 12 minutes. AVERAGE COST, 1*s.* to 2*s.* per lb. SUFFICIENT for 3 or 4 persons.

TURBOT, BOILED.

INGREDIENTS.—1 medium-sized turbot, salt and pepper.

METHOD.—Empty and wash the fish, trim the fins, but do not cut them off, as the gelatinous parts about them are esteemed a great delicacy. Make an incision down the middle of the back, to lessen the possibility of the skin on the white side cracking, and rub the white side of the fish with a cut lemon to increase its whiteness. Have ready the turbot-kettle, with as much hot water as will cover the fish, add salt to taste, put in the fish, bring gradually to near boiling point, then simmer very gently from 15 to 20 minutes. Garnish with lobster coral, parsley, and cut lemon, and serve with

Hollandaise, anchovy, shrimp, or lobster sauce.

TIME.—15 to 20 minutes, after the water boils. AVERAGE COST, 7*s.* 6*d.* to 15*s.* SUFFICIENT for 8 or 10 persons. SEASONABLE at any time.

WATER SOUCHET.

INGREDIENTS.—Flounders, plaice, soles, perch or tench, parsley, salt, pepper.

METHOD.—Any of the above-named fish will be found suitable. Wash and clean the fish, put in a stewpan with just sufficient cold water to cover it, add a small bunch of parsley and salt to taste. Cook gently until done, then transfer the fish carefully to a deep dish or tureen, sprinkle over it 1 teaspoonful of finely-chopped parsley, strain and add the liquor, then serve. Brown bread and butter should be handed round.

WHITEBAIT.

INGREDIENTS.—Whitebait, ice, flour, cayenne, salt, frying-fat.

METHOD.—The frying of whitebait is a most difficult task for cooks with little experience. The following is a well-tried method which, if carefully, followed, never fails to produce satisfactory results: Put the whitebait with a piece of ice in a basin, which must be kept on the ice. When required for cooking, spread the fish on a cloth to drain, then sprinkle a clean cloth with flour, put a small quantity of whitebait on this, sprinkle over some more flour, fold the cloth and shake it well, holding the ends of the cloth with both hands. Turn the contents into a wire drying basket, and shake it so as to get rid of the superfluous flour. Plunge the basket into a pan of clean, very hot lard, and fry rapidly over a bright fire for 3 or 4 minutes. Keep moving the basket all the time the frying goes on. Take up the basket, shake so as to strain off the fat, and turn the fish on to a cloth or paper; repeat this until all the whitebait are fried. Season with cayenne or black pepper, and fine salt. Dish up on a folded napkin or lace paper, and send the fish to table accompanied with quarters of lemon and thin slices of brown bread and butter.

TIME.—From 3 to 4 minutes. AVERAGE COST 1*s.* 6*d.* per quart. SEASONABLE from January to September.

WHITING, BAKED.

(*See* **Sole au Gratin**).

Use skinned whiting, and proceed in the same manner.

WHITING, BOILED.

INGREDIENTS.—Whiting, salt.

METHOD.—Clean the fish, but do not skin them. Have ready sufficient warm water to cover them, salt it slightly, put in the fish, bring gently to the boil, and simmer for 7 or 8 minutes (if small.) Drain well, serve on a folded napkin, garnish with parsley, and serve with a suitable sauce.

TIME.—7 or 8 minutes for small whiting. AVERAGE COST, 3*d.* to 9*d.* each. ALLOW 1 small whiting for each person. SEASONABLE all the year, but best from October to March.

WHITING, FRIED.

INGREDIENTS.—2 whiting, 1 egg, breadcrumbs, flour, salt, pepper, frying-fat or oil.

METHOD.—Wash, clean, and dry the fish, and remove their skins, and fasten the tail in the mouth by means of a small skewer. Mix a teaspoonful of flour with salt and pepper, and rub it well into the fish; then brush them over with egg, coat them with breadcrumbs, and fry until nicely browned in hot fat. Serve on a fish paper, garnished with crisply-fried parsley.

TIME.—To fry, 6 or 7 minutes. AVERAGE COST, 3*d.* to 9*d.* each. SUFFICIENT, 1 small whiting for each person. SEASONABLE, all the year, but best from October to March.

FORCEMEAT, SAUCES, ETC.

FORCEMEAT AND STUFFING.

Forcemeat and stuffing to be pleasant additions to the dishes they are intended for should be very carefully made. The suet should be finely chopped, the bread-crumbs equally finely grated, the eggs well beaten, etc., etc., and the whole thoroughly blended with judicious seasoning. Forcemeat balls should be *well* flavoured as they lose a little in process of cooking, and should be firm enough to fry without fear of breaking.

GRAVIES.

A joint of meat, if properly cooked, will yield the gravy to serve with it. Any bones removed from the meat before cooking may be simmered in a little cold water, which should be used instead of plain water in making the gravy, but no vegetable or flavouring of any kind should be used to destroy the flavour of the meat. The giblets will yield good gravy for poultry. Beef Extract, a little lean beef, or beef skirt may be used for gravy to be served with game or hare. To gravy to be served with hare, red currant jelly or port wine may be added at discretion. The trimmings off a cold joint or the stock pot should supply what is necessary to enrich a hash, stew, or other simply made dishes.

SAUCES.

Every housewife should know how to make brown and white sauces. The following recipes will give exact directions for doing so, but let those who cannot spare time to weigh and measure, yet wish to cook nicely, try the following plan.

Take a small saucepan, preferably steel or aluminium, but a round bottomed squat one will serve. Put in a piece of butter or sweet dripping the size of a walnut, let it melt, then add a small tablespoonful of flour. The fat should absorb all the flour; if too dry, add a little more fat, if too moist, a little more flour. If white sauce is required, let the saucepan stand by the side of the fire for about 10 minutes, giving the contents an occasional stir. In another vessel have ready about ½ pint of boiling liquid, which may be milk, milk and water, or fish or meat liquor. Pour it into the saucepan and stir continuously until it boils. Season to taste, and add whatever is necessary to accompany the dish, say capers, parsley, anchovy essence. When brown sauce is needed, let the flour and fat stand near the fire till it is quite brown, giving it an occasional stir, then proceed as directed above. The method described gives no trouble, and produces a more satisfactory result than thickening with flour, moistened with water. Sweet sauces are generally made of fruit syrup, or milk thickened with arrowroot, or cornflour, mixed smoothly with cold milk or water before being added.

Sauces, when lumpy, should be passed through a fine strainer.

For hash, mince, or similar dishes of cold meat, the bones and trimmings should be converted into stock to form the basis of the brown stock described above. If the meat, either sliced or minced, be placed in the sauce, closely covered, and kept just below simmering point for nearly an hour, the preparation will be a far more palatable one than those ordinarily served under the name of hash and mince.

RECIPES FOR FORCEMEATS.

CHESTNUT FARCE FOR ROAST TURKEY.

INGREDIENTS.—2 lb. of chestnuts, ½ pint of stock or water, 1 oz. of butter, a good pinch of sugar, salt and pepper.

METHOD.—Cut off the tops of the chestnuts, and bake or roast them for 20 minutes. Remove both the outer and inner skins, put the chestnuts into a stewpan, add the stock (no more than will barely cover them), and simmer until they become tender and dry. Rub through a fine sieve, add the butter, salt and pepper, and use as required.

TIME.—About 1 hour. AVERAGE COST, from *7d.* to *8d.* without the stock.

FISH FARCE (Stuffing).

INGREDIENTS.—½ lb. of uncooked fish (two whitings), ¼ pint of milk or fish stock, 2 oz. of flour, 1 oz. of butter, 2 eggs, pepper and salt.

METHOD.—Melt the butter, stir in the flour, add the milk or stock, and cook until the panada forms a compact mass round the bowl of the spoon. Pound the fish and the panada well together, add the eggs one by one, season well, and pass the ingredients through a wire sieve. A lighter mixture may be obtained when required by pounding 3 yolks with the fish and mixing the 3 whites (stiffly whipped) after passing the mixture through the sieve.

TIME.—About 35 minutes. AVERAGE COST, about *1s.* for this quantity.

FORCEMEAT FOR BAKED FISH.

INGREDIENTS.—3 oz. of breadcrumbs, 1 teaspoonful of minced savoury herbs, 8 oysters, 2 oz. of suet, salt and pepper, ground mace to taste, 6 tablespoonfuls of milk, the yolks of 2 eggs.

METHOD.—Beard and mince the oysters, prepare and mix the other ingredients, and blend the whole thoroughly together. Moisten with the milk and eggs, put all into a stewpan, and stir the mixture over the fire till it thickens. Stuff the inside of the fish with the preparation, and sew up the opening.

TIME.—4 or 5 minutes to thicken. AVERAGE COST, *10d.* SUFFICIENT for a moderate-sized pike.

HAM FORCEMEAT FOR VEAL, TURKEY, FOWL, HARE.

INGREDIENTS.—2 oz. of ham or lean bacon, 4 oz. of suet, 4 oz. of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of mixed herbs, the grated rind of ½ a lemon, a good pinch of nutmeg, a good pinch of mace, 2 eggs, or 1 egg and a little milk, salt and pepper.

METHOD.—Chop the ham and suet finely. Mix all the dry ingredients well together, add the egg, season to taste, mix well, and use as required. When the mixture is intended for balls, the consistency should be tested by poaching a small quantity in boiling water.

TIME.—20 to 30 minutes. AVERAGE COST, about *6d.* for this quantity.

OYSTER FORCEMEAT FOR ROAST OR BOILED TURKEY.

INGREDIENTS.—18 sauce oysters, ½ pint of breadcrumbs, 2 oz. of finely-chopped suet, ½ a teaspoonful of mixed herbs, a good pinch of nutmeg, salt and pepper, 1 egg, and a little milk if necessary (or oyster liquor).

METHOD.—Beard the oysters, put any liquor from them into a saucepan, add the beards, and simmer for about 10 minutes. Cut the oysters into small pieces, mix with them the breadcrumbs, suet, herbs, nutmeg, and seasoning. Add the egg and sufficient milk or

oyster liquor to thoroughly moisten the whole, and mix well. Press the farce lightly into the breast of the turkey.

TIME.—From 30 to 40 minutes. AVERAGE COST, about 1*s.* 9*d.* for this quantity. SUFFICIENT for 1 turkey.

PORK STUFFING.

INGREDIENTS.—1 lb. of onions, 4 tablespoonfuls of breadcrumbs, 2 oz. of butter, 1 dessertspoonful of finely-chopped sage or a teaspoonful of powdered sage, salt and pepper.

METHOD.—Cut the onions into slices, cover them with cold water, bring to the boil, cook for 5 minutes, then strain and drain well. Melt the butter in a stewpan, and fry the onions for about 15 minutes without browning. Add the breadcrumbs, sage, and seasoning, mix well, and use as required.

AVERAGE COST, 4*d.* SUFFICIENT for a leg or loin of pork.

Note.—For other methods, *see* "Sage and Onion Stuffing."

SAGE AND ONION STUFFING (For Roast Goose, Duck, Pork).

INGREDIENTS.—2 lb. of onions, ½ pint of freshly-made breadcrumbs, 1 tablespoonful of finely-chopped sage or a teaspoonful of powdered sage, 2 oz. of butter, salt and pepper.

METHOD.—Cut the onions into dice, put them into cold water, bring to the boil, cook for 5 minutes, then strain and drain well. Melt the butter in a stewpan, and fry the onions for about 15 minutes without browning them. Add the breadcrumbs, sage, and seasoning, mix well, and use as required.

TIME.—About ½ an hour. AVERAGE COST, 7*d.* to 8*d.* SUFFICIENT for 1 goose or 2 ducks.

VEAL FARCE (For Quenelles, etc.).

INGREDIENTS.—½ lb. of lean veal, ¼ lb. of veal suet finely chopped, 3 oz. of soaked bread, 2 eggs, a little grated nutmeg, salt and pepper.

METHOD.—Pass the meat 2 or 3 times through a mincing machine or chop it finely; then pound the suet and veal together in a mortar. Add the eggs one at a time, and the bread in small portions. Also add about ¼ pint of cold water, but before using the whole, poach a little of the mixture in boiling water to test the consistency; if too soft, add a little more bread; if too stiff, a little more water; shape into quenelles.

TIME.—About 45 minutes. AVERAGE COST, 1*s.*

VEAL FORCEMEAT.

INGREDIENTS—4 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of chopped suet, 1 teaspoonful of chopped parsley, 1 egg, grated lemon rind, nutmeg, salt and pepper to taste.

METHOD.—Mix all the ingredients together, adding a little milk if too dry. This forcemeat is also called "*Herb Farce*" and is equally suitable for stuffing a fowl, or making balls to be served with hare.

TIME.—About 15 minutes. AVERAGE COST, 4*d.*

WHITING FORCEMEAT.

INGREDIENTS.—1 whiting, 2 oz. of panada or soaked bread, 1 oz. of butter, Béchamel sauce, 1 egg, cream.

METHOD.—Remove the meat from the whiting, pound it in a mortar, with 2 oz. of panada and 1 oz. of butter, and rub all through a fine sieve. Put this preparation into a basin, and work in gradually 1 tablespoonful of well-reduced cold Béchamel sauce, 1 whole egg, and 1 tablespoonful of cream. Season with pepper, salt, and a little grated nutmeg. Test the farce or forcemeat before using, and if not sufficiently firm add another yolk of egg or a little panada. Use as directed.

RECIPES FOR GRAVIES.

BEEF GRAVY FOR POULTRY, GAME, ETC.

INGREDIENTS.—1 pint of cold water, ½ lb. of lean beef, salt and pepper.

METHOD.—Cut the beef into small pieces, put it with the water into a stewpan, or earthenware stew-jar, and cook slowly for 3 or 4 hours. Strain, season, and use as required.

TIME.—3 or 4 hours. AVERAGE COST, 6*d*. Quantity, about ¾ pint.

BROWN GRAVY.

INGREDIENTS.—1 quart of water, 1 lb. of neck or shin of beef, 1 oz. of butter, 1 oz. of sweet dripping, ½ oz. of flour, 1 medium-sized onion, 1 small slice of lean bacon, or a few trimmings of lean ham or bacon, salt and pepper, 1 clove, if liked.

METHOD.—Cut the meat and bacon into small pieces, slice the onion, melt the dripping in a stewpan, put in the meat, bacon, and onion, and fry till brown. Add the water, salt and pepper, and clove, cook slowly for 3 or 4 hours, and strain. Melt the butter in a stewpan, stir in the flour, and cook for 5 minutes. Add the gravy, stir until it boils, skim, simmer for 10 minutes, and use as required.

TIME.—3½ to 4½ hours. AVERAGE COST, about 10*d*. QUANTITY, 1 pint.

GRAVY FOR HASHES, ETC.

INGREDIENTS.—Bones and trimmings of the joint to be hashed, sufficient water to cover the bones, 1 small onion, 1 strip of celery, ½ a small carrot, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper. Measure the gravy when made, and to each ½ pint allow ½ oz. of butter, and a dessertspoonful of flour.

METHOD.—Break the bones into small pieces and slice the vegetables. Put them into a saucepan, add the trimmings of the meat, water, bouquet-garni, salt and pepper, simmer for 2 hours, then strain. Melt the butter in a stewpan, add the flour, and fry brown. Put in the gravy, stir until it boils, season to taste, and use as required. A little ketchup, Harvey, or other sauce may be added if liked.

TIME.—About 2½ hours. AVERAGE COST, 1½*d*. per pint, exclusive of bones and trimmings.

GRAVY (Quickly made).

INGREDIENTS.—¾ pint of water, ½ lb. of shin of beef, ½ oz. of butter, ½ an onion, ¼ of a carrot, salt and pepper.

METHOD.—Cut the meat and vegetables into small pieces and fry them brown in the butter. Add the water, salt and pepper, and simmer for ½ an hour. Strain, season, and serve. The meat and vegetables should afterwards be put into the stock-pot, or with more water added to them may be cooked until all their goodness is extracted.

TIME.—From 40 to 45 minutes. AVERAGE COST, about 5*d*. QUANTITY, about ½ pint.

RECIPES FOR SAUCES AND SALAD DRESSINGS.

ANCHOVY SAUCE.

INGREDIENTS.—½ pint of white sauce, 1 teaspoonful of anchovy essence.

METHOD.—Make the sauce hot in a small stewpan, add the anchovy essence, and use as required.

TIME.—From 5 to 10 minutes. AVERAGE COST, about 5*d*.

APPLE SAUCE.

INGREDIENTS.—1 lb. of apples, 1½ oz. of sugar (or to taste), 1 oz. of butter, a little water, if necessary.

METHOD.—Peel, core, and slice the apples, put them into a stewjar or saucepan with the sugar, butter, and a very little water, and cook them until tender. Add more sugar, if necessary, before serving.

TIME.—30 to 40 minutes. AVERAGE COST, *4d.* to *5d.*

ARROWROOT SAUCE.

INGREDIENTS.—½ pint of boiling water, 1 tablespoonful of lemon-juice, 1 heaped dessertspoonful of arrowroot, 1 good tablespoonful of castor sugar, or to taste, grated nutmeg or ground cinnamon to flavour.

METHOD.—Blend the arrowroot smoothly with a little cold water, pour over it the boiling water, stirring meanwhile. Turn into a saucepan, add lemon-juice, sugar, and a good pinch of nutmeg or cinnamon, and simmer for 3 or 4 minutes. This sauce may be served with a variety of puddings, and the flavour varied by the addition of wine, fruit, syrup, etc.

TIME.—About 8 minutes. AVERAGE COST, *2d.*

ARROWROOT SAUCE, CLEAR.

INGREDIENTS.—½ pint of cider (equal quantities of wine and water, or any kind of fruit-juice may be substituted), 1 level dessertspoonful of arrowroot, sugar to taste, cinnamon, lemon-rind, or other flavouring ingredient.

METHOD.—Simmer the flavouring ingredient in the cider for 10 minutes. Mix the arrowroot—smoothly with a little cold water, strain the cider into it, stirring meanwhile, and replace in the saucepan. Add sugar to taste, simmer gently for 4 or 5 minutes, then serve.

TIME.—About 15 minutes. AVERAGE COST, *5d.* to *6d.*, when cider is used.

BEARNAISE SAUCE.

INGREDIENTS.—2 shallots peeled and chopped finely, a few fresh tarragon leaves, 1 gill of French wine vinegar, 3 yolks of eggs, ½ a teaspoonful of Mignonette pepper, a little salt, ½ gill of Béchamel sauce, 3 oz. of butter, ½ a teaspoonful of chopped parsley and tarragon leaves.

METHOD.—Put the vinegar, shallots, and whole tarragon leaves in a stewpan, cover it, and let the liquor reduce to about ⅓ of the original quantity. Remove from the fire, cool a little, add the sauce, and re-heat; then stir in the yolks of the eggs, and season with salt and Mignonette pepper. Whisk the whole over the fire, and incorporate the butter by degrees. This sauce must on no account be allowed to boil when once the eggs are added. Pass it through a tammy-cloth. Return to another stewpan, and whisk again over hot water or in a bain-marie. Add the chopped parsley and a few chopped tarragon leaves, and serve as directed.

TIME.—35 to 45 minutes. AVERAGE COST, *10d.* QUANTITY, ½ a pint.

BÉCHAMEL, or FRENCH WHITE SAUCE.

INGREDIENTS.—1½ oz. of flour, 2 oz. of butter, 1¼ pints of milk (or equal quantities of milk and white stock), 1 small onion or shallot, 1 small bouquet-garni (parsley, thyme bay-leaf), 10 peppercorns, ½ a bay-leaf, 1 small blade of mace, seasoning.

METHOD.—Put the milk on to boil with the onion or shallot, the bouquet-garni, peppercorns, mace, and bay-leaf. Melt the butter, stir in the flour, and cook a little without browning; stir in the hot milk, etc., whisk over the fire until it boils, and let it simmer from 15 to 20 minutes. Strain and pass through a sieve or tammy-cloth, return to the stewpan, season

lightly with a pinch of nutmeg, ½ a pinch of cayenne, and ½ a teaspoonful of salt. The sauce is then ready for use.

TIME.—40 to 50 minutes. AVERAGE COST, *7d.*, with milk. SUFFICIENT for 1 boiled fowl.

BRAIN SAUCE FOR SHEEP'S HEAD.

INGREDIENTS.—2 sheeps' brains, ¾ pint of liquor in which the heads were cooked, 1½ oz. of butter, 1½ oz. of flour, 1 small onion chopped, 1 teaspoonful of vinegar, salt and pepper.

METHOD.—Wash and soak the brains in salt and water. Tie them in muslin, and cook them until firm in the pot containing the sheeps' heads. Melt the butter in a stewpan, add the flour, cook it slowly until lightly browned, then put in the onion, and continue to cook slowly until the whole acquires a nut-brown colour. Add the pot-liquor, vinegar, salt and pepper to taste, simmer gently for 10 minutes, then stir in the brains previously coarsely chopped, and serve poured over the prepared heads, or separately.

TIME. — Altogether, 1 hour. AVERAGE COST, *2d.*, in addition to the brains.

BRANDY SAUCE.

INGREDIENTS.—½ pint of water, ½ a wineglassful of brandy, 4 oz. of loaf sugar, ½ oz. of cornflour, nutmeg if liked.

METHOD.—Mix the cornflour smoothly with a little of the water, and put the rest into a copper saucepan with the sugar. Boil and reduce to a thin syrup, skimming occasionally, add the cornflour to the syrup, stir until it boils, then add the brandy, and serve.

TIME.—About ½ an hour. AVERAGE COST, from 3½*d.* to 4*d.*

BREAD SAUCE.

INGREDIENTS.—½ pint of milk, 1 tablespoonful of cream, 2 oz. of freshly made breadcrumbs, ¼ oz. of butter, 1 very small peeled onion, 1 clove, salt and pepper.

METHOD.—Put the milk and onion, with the clove stuck in it, into a small saucepan and bring to the boil. Add the breadcrumbs, and simmer gently for 20 minutes, then remove the onion, add salt and pepper to taste, stir in the butter and cream, and serve.

TIME.—20 to 25 minutes. AVERAGE COST, about 3*d.* QUANTITY, ½ pint.

Note.—The cream may be omitted, and, if preferred, a little more butter added. Flavouring is simply a matter of taste (when cloves are not liked, mace or nutmeg may be substituted).

BROWN MUSHROOM SAUCE.

INGREDIENTS. — 8 preserved mushrooms, ½ gill of the liquor, ½ gill of sherry, ½ gill of thin Espagnole sauce.

METHOD.—Chop the mushrooms finely, put them in a stewpan with the liquor and the sherry, cover the pan and boil well. Add the Espagnole, boil up again, then season and serve.

TIME.—From 20 to 30 minutes. AVERAGE COST, 8*d.*

BROWN SAUCE.

INGREDIENTS.—1 pint of brown stock, 2 oz. of butter, 1½ oz. of flour, 1 small carrot, 1 small onion, 6 fresh button mushrooms (when in season), 1 tomato, salt and pepper.

METHOD.—Slice the mushrooms, carrot, and onion, and fry them until brown in the butter. Sprinkle in the flour, stir, and cook for a few minutes, then add the sliced tomato and stock, and stir until it boils. Simmer for 10 minutes, season to taste, strain or pass through a tammy-cloth, re-heat, and serve. Preserved mushrooms may be used, but they do not impart the same flavour to the sauce. A tablespoonful of good mushroom ketchup is an improvement.

TIME.—40 to 45 minutes. AVERAGE COST, about 6*d.*, exclusive of the stock.

CALF'S HEAD, SAUCE FOR.

INGREDIENTS.—1 pint of the liquor in which the head was boiled, 2 oz. of butter, 1½ oz. of flour, 1 dessertspoonful of finely-chopped parsley, the juice and finely-grated rind of ½ a lemon, 1 onion sliced, salt and pepper.

METHOD.—Fry the onion in the butter until well browned, sprinkle in the flour and brown it also, then add the stock. Simmer gently for ½ an hour to reduce, then strain. Return to the saucepan, and add the parsley, lemon-rind, lemon-juice, and seasoning to taste, make thoroughly hot, and serve.

TIME.—From 50 to 60 minutes. AVERAGE COST, 3½*d.*

CAPER SAUCE.

INGREDIENTS.—½ pint of melted butter, 1 tablespoonful of capers, either cut in two or coarsely chopped, 1 dessertspoonful of vinegar from the capers, salt and pepper.

METHOD.—Make the melted butter as directed, add to it the capers, vinegar, and seasoning, and use.

TIME.—Altogether about 20 minutes. AVERAGE COST, 3*d.* to 4*d.* QUANTITY, ½ pint.

Note.—If for serving with boiled mutton, make the melted butter sauce with the liquor in which the meat was boiled, instead of plain water.

CELERY SAUCE.

INGREDIENTS.—¾ pint of melted butter, 1 head of celery (the white part only), salt and pepper.

METHOD.—Wash the celery and chop it coarsely. Put it into a stewpan with barely sufficient water to cover it, and simmer for ½ an hour. Stir occasionally as the water evaporates, and the celery becomes rather dry. Add the melted butter, stir until it boils, season to taste, and serve.

TIME.—1 hour. AVERAGE COST, 5*d.* SUFFICIENT for a boiled turkey.

CHAUD-FROID SAUCE (WHITE).

INGREDIENTS.—½ of a pint of Béchamel sauce, ¼ of a pint of aspic jelly, ¼ of a pint of cream, 5 or 6 sheets of French gelatine, 1 teaspoonful of chilli vinegar or lemon-juice.

METHOD.—Dissolve the gelatine in the aspic jelly, and mix with the hot sauce. Stir over the fire until it boils, then add the vinegar or lemon-juice, simmer for 3 or 4 minutes, and strain or pass through a tammy-cloth. When cool add the cream, and use as required, when just on the point of setting.

TIME.—25 to 35 minutes. AVERAGE COST, 1*s.* to 1*s.* 2*d.* for this quantity.

Note.—Brown Chaud-froid sauce may also be made by substituting equal quantities of good brown sauce and tomato sauce for the Béchamel. Green Chaud-froid is composed of Béchamel and a few drops of spinach greening, and pink Chaud-froid is made by adding a few drops of carmine to the Béchamel sauce. The aspic jelly and gelatine are added to give brightness and stiffness to the sauces.

CHOCOLATE SAUCE.

INGREDIENTS.—¾ pint of water, 1 tablespoonful of brandy, 1 teaspoonful of vanilla essence, 1 oz. of crème de riz or rice flour, 2 oz. of castor sugar, 4 oz. of grated chocolate.

METHOD.—Put the sugar, chocolate, and water into a saucepan, and stir until it boils. Mix the crème de riz smoothly with a little cold water, pour it into the saucepan and simmer for 5 minutes. Pass through a tammy-cloth or fine strainer, add the brandy and vanilla, and serve.

TIME.—From 10 to 15 minutes. AVERAGE COST, from 8*d.* to 9*d.* for this quantity.

CITRON SAUCE.

INGREDIENTS.—½ pint of boiling milk, 2 oz. of castor sugar, ½ oz. of cornflour, 2 yolks of eggs, the finely-chopped rind of ½ a lemon.

METHOD.—Blend the yolks of the eggs and the cornflour together,

add the sugar and lemon-rind, and stir in the boiling milk. Whisk the preparation over the fire until it becomes creamy, then use as required.

TIME.—From 10 to 15 minutes. AVERAGE COST, 4*d*.

CRANBERRY SAUCE (American Recipe).

INGREDIENTS.—A quart of cranberries, ½ pint of water, white sugar to taste.

METHOD.—Having washed and pickled the cranberries carefully, put them in a lined saucepan with the sugar and enough water to cover them. Let them stew very slowly for an hour or more, till reduced to a pulp, stirring them often. Take them off the fire and put in a wetted mould or small jars to cool. Serve in a small glass dish with roast turkey, ducks, or game, as we serve currant jelly with hare or mutton.

TIME, about an hour. SEASONABLE from October to March.

CREAM SAUCE (For Sweetbreads, Chickens, Soles).

INGREDIENTS.—3 tablespoonfuls of Béchamel sauce, 2 tablespoonfuls of cream, 1 oz. of butter, 2 yolks of eggs, a few drops of lemon-juice, salt and pepper.

METHOD.—Put all the ingredients except the lemon-juice into a small saucepan, which must be placed either in a bain-marie or in a larger shallow pan, half full of boiling water. Stir the mixture until it acquires the consistency of thick cream, then pass through a tammy-cloth, re-heat, add the lemon-juice, and use.

TIME.—20 to 30 minutes. AVERAGE COST, 6*d*. to 7*d*.

CURRANT SAUCE.

INGREDIENTS.—2 oz. of currants, cleaned, 2 oz. of butter, 1½ oz. of flour, ¾ pint of water, 1 glass of red wine, 1 dessertspoonful of lemon-juice ½ a teaspoonful of finely-grated lemon-rind, ¼ of a teaspoonful of ground ginger, sugar to taste.

METHOD.—Melt the butter in a saucepan, add the flour, and cook gently until it acquires a light brown colour. Put in the wine and water, bring to the boil, add the lemon-rind and lemon-juice, ginger, currants, and sugar to taste. Simmer gently for 10 minutes, then serve without straining.

TIME.—About ½ an hour. AVERAGE COST, 6*d*. to 8*d*.

CURRY SAUCE.

INGREDIENTS.—¾ pint of good stock, 1½ oz. of butter, 1 tablespoonful of curry-powder, 1 dessertspoonful of flour, 1 tomato sliced, 1 small onion sliced, salt.

METHOD.—Melt the butter in a saucepan, fry the onion until lightly browned, then add the flour and curry-powder. Stir and cook gently for a few minutes, then add the stock, and bring to the boil. Put in the tomato, and seasoning to taste. Simmer gently for 20 minutes, then strain and serve.

TIME.—From 35 to 40 minutes. AVERAGE COST, 8*d*. to 10*d*.

CUSTARD SAUCE (For Puddings, or Tarts).

INGREDIENTS.—1 pint of milk, 2 eggs, 3 oz. of castor sugar, 1 tablespoonful of brandy, bay-leaf if liked.

METHOD.—Boil the milk and bay-leaf, add the sugar, and cool slightly. Beat the eggs well, pour the milk on to them, and strain into a jug. Have ready a saucepan of boiling water, in which to place the jug, keep stirring until the mixture thickens, but do not allow it to boil, or it will curdle. Stir in the brandy, and serve.

TIME.—25 to 30 minutes. AVERAGE COST, 6*d*. to 7*d*.

DEMI-GLACE SAUCE.

INGREDIENTS.—½ pint of Espagnole sauce, ¼ of a pint of good gravy, salt and pepper.

METHOD.—Make the Espagnole sauce as directed, boil until well reduced, then add the gravy, simmer for about 10 minutes, season to taste, and serve.

TIME.—15 minutes. AVERAGE COST, 8*d.*

DEVILLED SAUCE (For Devilled Bones, etc).

INGREDIENTS.—2 tablespoonfuls of Harvey sauce, 2 tablespoonfuls of vinegar, 2 tablespoonfuls of butter (melted), 1 teaspoonful of mustard, salt and cayenne.

METHOD.—Mix all the ingredients together in a deep dish. Score the legs of a cooked chicken, etc., lengthwise, and soak well in the sauce. Grill or fry in a little hot fat or butter, serve very hot.

TIME.—About 1 hour. AVERAGE COST, 3*d.* to 4*d.* for this quantity of sauce.

DUTCH OR HOLLANDAISE SAUCE.

INGREDIENTS.—2 tablespoonfuls of vinegar, 1 shallot peeled and chopped, 1 bay-leaf, 4 white peppercorns crushed, 1 gill of white sauce, the yolks of 2 eggs, 1 teaspoonful of lemon-juice, 2 oz. of butter, salt.

METHOD. — Put the vinegar (French wine vinegar in preference to malt vinegar) with the shallot, bay-leaf, and peppercorns in a stewpan, and reduce to half its original quantity; add the white sauce, let it boil, remove the bay-leaf, and stir in the yolks of eggs. When it begins to thicken remove the preparation from the fire and strain into another stewpan. Reheat (taking great care that the sauce does not curdle) and whisk in the butter by degrees. Add the lemon-juice and enough salt to taste, and serve with boiled fish, artichokes, asparagus, etc.

TIME.—About ½ an hour. AVERAGE COST, 6*d.* to 7*d.*

EGG SAUCE (For Boiled Fish or Boiled Fowl).

INGREDIENTS.—¾ pint of melted butter, 1 teaspoonful of lemon-juice, salt and pepper, 2 hard-boiled eggs.

METHOD.—Boil the eggs until quite hard (15 minutes), and put them into cold water for ½ an hour. Remove the shells, cut the whites in small dice and rub the yolks through a wire sieve. Have the melted butter boiling, stir in the whites of eggs, add salt, pepper and lemon-juice, and use as required. The sauce is usually poured over the fish, and the sieved yolks of eggs sprinkled on the top as a garnish. When the sauce is served separately, the yolks should be added to it with the whites.

TIME.—1 hour. AVERAGE COST, 5*d.* SUFFICIENT for 3 or 4 lb. of fish.

ESPAGNOLE, OR SPANISH SAUCE

INGREDIENTS.—1 quart of stock 1 oz. of raw lean ham or bacon, 2 oz. of butter, 2 oz. of flour, 1 carrot, 1 onion, 1 clove, 4 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), ½ gill of tomato pulp, ½ gill of sherry, 2 mushrooms.

METHOD.—Melt the butter in a stewpan, add the ham, cut into small pieces, fry for a few minutes, and then put in the vegetables sliced, the herbs, and spices. Stir these ingredients over a slow fire for about 5 minutes, then add the flour and brown it carefully. Add the stock, tomato pulp, and sherry, stir the sauce until boiling, draw the saucepan to the side of the fire, let it boil slowly for about 1 hour, then skim off the fat, pass the sauce through a tammy-cloth, season, warm up, and serve.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 4*d.* QUANTITY, 1 pint.

FENNEL SAUCE.

INGREDIENTS.—½ pint of melted butter, 2 tablespoonfuls of chopped fennel.

METHOD.—Make the melted butter as directed. Wash the fennel well, pick it from the stalks, put it

into boiling water, and boil until tender. Drain well, chop finely, and add it to the boiling sauce. Use as required.

TIME.—Altogether, 35 to 40 minutes. AVERAGE COST, 3*d.* to 4*d.* for this quantity.

FISH SAUCE.

INGREDIENTS.—1 quart of malt vinegar, 2 tablespoonfuls of walnut ketchup, 2 tablespoonfuls of soy, 1 oz. of cayenne, 1 clove of garlic, 2 shallots sliced.

METHOD.—Put all the ingredients into a large bottle, and shake them daily for a fortnight. When ready, strain into small bottles, cork securely, and store for use.

TIME.—14 days. AVERAGE COST 10*d.* to 1*s.*

GINGER SAUCE.

INGREDIENTS.—1 teaspoonful of ground ginger, 4 tablespoonfuls of castor sugar, 2 or 3 strips of lemon-rind, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of brandy or wine, ½ pint of water.

METHOD.—Put the ginger, sugar, lemon-rind, and water into a stewpan, and simmer the ingredients gently for 15 minutes. Strain, return to the stewpan, add the brandy and lemon-juice, re-heat and serve.

TIME.—About 20 minutes. AVERAGE COST, 5*d.* to 6*d.*

HAM SAUCE (For Veal, Duck, Game, etc.).

INGREDIENTS.—½ pint of Espagnole sauce, or brown sauce, 2 tablespoonfuls of finely-shredded or coarsely-chopped ham, 1 dessertspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, salt and pepper.

METHOD.—Make the sauce hot in a saucepan, add the ham, and simmer for 5 minutes. Remove from the fire, put in the parsley and lemon-juice, season, and serve.

TIME.—10 to 15 minutes. AVERAGE COST, 10*d.* to 1*s.*

HOLLANDAISE SAUCE (For Fish and certain Vegetables).

INGREDIENTS.—1 gill of white sauce, ¼ gill of good white stock, 1 dessertspoonful of lemon-juice, 2 yolks of eggs, 1 oz. of butter, salt and pepper.

METHOD.—Make the white sauce hot, add the stock and yolks of eggs well mixed together, and whisk by the side of the fire until the sauce thickens, but it must not be allowed to boil. Add the lemon-juice, and the butter bit by bit, season to taste, and pass through a fine strainer or tammy-cloth. Re-heat, and use as required.

TIME.—15 minutes. AVERAGE COST, 7*d.*

HORSERADISH SAUCE (Cold).

INGREDIENTS.—½ gill of wine vinegar, 2 hard-boiled eggs, 1 oz. of grated horseradish, ½ a teaspoonful of salt, 1 teaspoonful of castor sugar, 1 tablespoonful of cream.

METHOD.—Remove the yolks from the whites of the hard-boiled eggs, put them in a basin, work with a wooden spoon until quite smooth, then add the vinegar gradually, and stir the mixture until it becomes creamy. Add the grated horseradish, sugar, salt, and lastly the cream, stir a little longer, and serve in a sauceboat, or as directed.

TIME.—20 to 30 minutes. AVERAGE COST, 6*d.* to 7*d.*

HORSERADISH SAUCE (Hot).

INGREDIENTS.—2 tablespoonfuls of grated horseradish, ½ pint of Béchamel sauce, ½ a teaspoonful of castor sugar, ½ a teaspoonful of vinegar, cayenne, and salt.

METHOD.—Boil up the sauce, moisten the horseradish with the vinegar, add it to the sauce with the other ingredients. Make the sauce thoroughly hot, but do not boil after the vinegar is added or it will curdle.

TIME. — About 20 minutes. AVERAGE COST, 4*d.* to 6*d.*

ITALIAN SAUCE.

INGREDIENTS.—½ pint of Espagnole sauce, 4 small shallots chopped, 4 fresh mushrooms coarsely chopped, 1 sprig of thyme, 1 bay-leaf, a tablespoonful of sweet oil, 1 glass of chablis, ½ gill of stock.

METHOD.—Put the shallots in a small piece of muslin, and squeeze them in cold water to extract some of the flavour, then place them in a stewpan with the oil, cook for a few minutes, but do not brown. Add the wine, mushrooms, herbs, and stock, reduce well, and add the Espagnole. Boil for 10 minutes, take out the herbs, skim off the oil, and serve.

TIME.—From 25 to 30 minutes. AVERAGE COST, *1s 1d.* to *1s. 3d.*

JAM SAUCE.

INGREDIENTS.—1 good tablespoonful of apricot, raspberry, or other jam, ¼ pint of water, ½ a teaspoonful of lemon-juice, sugar to taste, carmine or cochineal, if necessary.

METHOD.—Put the water and jam into a small saucepan, add sugar to taste, and make thoroughly hot. Put in the lemon-juice and a few drops of colouring, if necessary strain, and serve with sweet puddings, etc.

TIME.—10 minutes. AVERAGE COST, *2d.* to *3d.*

LEMON SAUCE (For Sweet Puddings).

INGREDIENTS.—½ pint of water, 1 glass of sherry, the juice and rind of 1 lemon, the yolks of 2 eggs, 1 oz. of butter, 1 oz. of flour, 3 or 4 lumps of sugar.

METHOD.—Rub the sugar on to the lemon until all the outer rind is removed. Squeeze and strain the juice. Melt the butter, stir in the flour, and cook well without browning. Add the water, stir until it boils, then put in the sugar and lemon-juice. Mix the yolks of eggs and sherry together, let the sauce cool slightly, then pour them in, stir until the sauce thickens, and serve.

TIME.—From 25 to 30 minutes. AVERAGE COST *5d* to *6d.* for this quantity.

LOBSTER SAUCE.

INGREDIENTS. — ½ a pint of Béchamel sauce, a small hen lobster, 1 oz. of butter, seasoning.

METHOD.—Remove the coral from the lobster, wash it and pound it with the butter, and rub all through a hair sieve. Remove the meat from the tail and claws of the lobster, and cut it into small neat pieces. Warm the Béchamel sauce, add the coral-butter, mix well, then add the pieces of lobster, warm thoroughly, season, and serve.

TIME.—About ½ an hour. AVERAGE COST, *4d.*, without the lobster.

MADEIRA SAUCE.

INGREDIENTS.—½ pint of Espagnole sauce, ¼ pint of good gravy, 1 oz. of meat glaze, 1 glass of Madeira or sherry, salt and pepper.

METHOD.—Simmer the sauce, gravy, and wine until well reduced. Season to taste, put in the meat glaze, stir until it is dissolved, then strain the sauce, and use as required.

TIME.—About ½ an hour. AVERAGE COST, *1s. 3d.* to *1s. 6d.* for this quantity. SUFFICIENT for ⅔ pint of sauce.

MAÎTRE D'HÔTEL SAUCE.

INGREDIENTS.—½ pint of Béchamel sauce, 3 oz. of butter, the juice of ½ a lemon, 1 teaspoonful of finely-chopped parsley, seasoning.

METHOD.—Put the Béchamel in a saucepan with a little water, stir until it boils, reduce well, then add the butter a little at a time, and stir well. Strain the sauce into another saucepan, add the parsley, lemon-juice, and seasoning, re-heat and serve.

TIME.—25 to 35 minutes. AVERAGE COST, *6d.* to *8d.* for this quantity.

MARMALADE SAUCE.

INGREDIENTS.—½ pint of water, 1 glass of sherry, 2 tablespoonfuls of marmalade, 1 dessertspoonful of sugar (or to taste), 1 teaspoonful of lemon-juice.

METHOD.—Put the water and marmalade into a saucepan, and stir until it boils. Add the sugar, lemon-juice, and sherry, stir until the sugar is dissolved, and serve.

TIME.—About 10 minutes. AVERAGE COST, 5*d.* with the sherry.

MAYONNAISE SAUCE.

INGREDIENTS.—2 yolks of eggs, 1 teaspoonful of French mustard, ½ a teaspoonful of salt, a pinch of pepper, 1 tablespoonful of tarragon vinegar, about 1 pint of best salad-oil, 1 tablespoonful of cream.

METHOD.—Put the yolks into a basin, add the mustard, salt, and pepper, stir quickly with a wooden spoon. Add the oil, first drop by drop and afterwards more quickly, and at intervals a few drops of the vinegar. By stirring well, the mixture should become the consistency of very thick cream. Lastly, add the cream, stirring all the while. A little cold water may be added if the sauce is found to be too thick.

In hot weather, the basin in which the Mayonnaise is made should be placed in a vessel of crushed ice.

TIME.—About 20 minutes. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.*

MELTED BUTTER.

INGREDIENTS.—½ pint of water, 1 oz. of butter, ¾ oz. of flour, salt and pepper.

METHOD.—Melt the butter in a saucepan, stir in the flour and cook for 2 or 3 minutes. The water now to be added must not be quite boiling, but it may be hot, and as the sauce has to be constantly stirred until it boils to incorporate the substances contained in it, considerable time is saved by adding warm or hot water, instead of cold. Bring to the boil, and simmer for a few minutes. Season and use as required.

TIME.—10 to 15 minutes. AVERAGE COST, 2*d.*

MELTED BUTTER, SWEET.

INGREDIENTS.—¼ pint of milk or water, 1 oz. of butter, ½ oz. of flour, ½ oz. of sugar, a pinch of salt.

METHOD.—Melt the butter in a saucepan, stir in the flour, and cook well without browning. Add the milk or water, and stir until it boils. Simmer for 2 or 3 minutes, then add the sugar, a good pinch of salt, and serve.

TIME.—15 to 20 minutes. AVERAGE COST, 2½*d.*, if made with milk.

MINT SAUCE.

INGREDIENTS.—4 dessertspoonfuls of chopped mint, 2 dessertspoonfuls of sugar, ¼ pint of vinegar.

METHOD.—The mint should be young and fresh-gathered. Wash it free from grit, pick the leaves from the stalks, mince them very fine, put them into a tureen, add the sugar and vinegar, and stir until the former is dissolved. This sauce is better by being made 2 or 3 hours before it is required for the table, as the vinegar then becomes impregnated with the flavour of the mint. Good white wine vinegar is preferable to ordinary malt vinegar. Sugar should be added with discretion until the required degree of sweetness is obtained.

AVERAGE COST.—3*d.*

MUSHROOM SAUCE.

INGREDIENTS.—¾ pint of brown sauce, ½ pint of button mushrooms, 1 oz. of butter, salt and pepper.

METHOD.—Peel the mushrooms and remove the stalks. Heat the butter in a stewpan, put in the mushrooms, and toss them over the fire for 10 minutes. Drain off any butter that remains unabsorbed, add the brown sauce, season to taste, make thoroughly hot, and serve.

TIME.—About 20 minutes. AVERAGE COST, 7*d.*, in addition to the sauce.

Sirloin of Beef. Boiled Beef. Leg of Mutton. Roast Ribs of Beef

MUSTARD SAUCE (For Fresh Herrings).

INGREDIENTS.—1 teaspoonful of mustard, 1 dessertspoonful of flour, 1 oz. of butter, 1 gill of boiling water, 1 teaspoonful of vinegar.

METHOD.—Mix the flour and mustard, knead them well with the butter, stir in the boiling water, turn into a stewpan, and boil for 5 minutes. Add the vinegar, and serve.

TIME.—10 minutes. AVERAGE COST, *2d.*

NUT BROWN BUTTER.

INGREDIENTS.—4 oz. of butter, 1 tablespoonful of finely-chopped parsley, 2 tablespoonfuls of vinegar, salt, and pepper.

METHOD.—Cook the butter in a frying-pan until it turns brown, then add the parsley, vinegar, and salt and pepper to taste. Let the whole simmer for 1 or 2 minutes, when it is ready to serve.

TIME.—¼ of an hour. AVERAGE COST, *5d.*

ONION SAUCE.

INGREDIENTS.—½ pint of milk, 1 oz. of butter, ¾ oz. of flour, 2 onions (about ½ lb.), salt and pepper.

METHOD.—Peel the onions, put them into cold water, bring to the boil, and strain. Return to the saucepan with ½ a teaspoonful of salt and sufficient boiling water to cover them, and boil until tender (about 1 hour). When the onions are sufficiently cooked they must be well drained and chopped coarsely. Melt the butter in a saucepan, stir in the flour, and cook for 2 or 3 minutes, then add the milk and stir until it boils. Add the onion to it, season to taste, simmer for a few minutes, and serve.

TIME.—1½ to 1¾ hours. AVERAGE COST, *4d.* to *5d.*

ORANGE SAUCE (SAVOURY).

INGREDIENTS.—1 Seville orange, ½ pint of Espagnole sauce, ½ pint of good stock, 1 teaspoonful of lemon-juice, 1 glass of port wine, cayenne, salt.

METHOD.—Remove the rind from half the orange, and cut it in very thin shreds. Boil these in water for 5 minutes. Put the sauce and stock into a stewpan with the juice of ½ the orange, and reduce to half quantity. Strain, add all the other ingredients, boil, skim, add the shreds of orange rind, and serve.

TIME.—25 to 30 minutes. AVERAGE COST, *1s. 4d.*

OYSTER SAUCE.

INGREDIENTS.—12 sauce oysters, 1 oz. of butter, a teaspoonful of lemon-juice, the yolk of 1 egg, ¾ pint of white sauce.

METHOD.—Open the oysters, remove the beards, and put them with their liquor and the butter in a small saucepan. Cover, and cook for 4 minutes (they must not be allowed to boil), then drain well and halve or quarter them. Reduce the liquor to half its original quantity, then strain and return to the saucepan. Add the white sauce, when hot bind with the yolk of egg, then put in the oysters and lemon-juice. Stir until the oysters are quite hot, add salt and pepper if necessary, and serve in a hot sauce-boat.

TIME.—From 20 to 30 minutes. AVERAGE COST, *1s. 2d.*, in addition to the Béchamel sauce.

PARSLEY SAUCE (For Boiled Fowl, Veal, Calf's Head, etc.).

INGREDIENTS.—½ pint of the liquor in which the meat has been cooked, ¼ pint of milk, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of chopped parsley, salt and pepper.

METHOD.—Melt the butter in a saucepan, stir in the flour, cook for 2 or 3 minutes, then add the liquor and milk, and stir until it boils. Simmer for a few minutes, season to taste, add the parsley,

and use as required. If the parsley is allowed to boil in the sauce it will lose some of its green colour.

TIME.—20 to 25 minutes. AVERAGE COST, 3*d.*

PARSLEY SAUCE FOR FISH.

INGREDIENTS.—½ pint of fish stock or water, 1 oz. of butter, ¾ oz. of flour, 1 tablespoonful of finely-chopped parsley, salt and pepper.

METHOD.—Melt the butter in a saucepan, stir in the flour, cook for 2 or 3 minutes, then add the stock and stir until it boils. Simmer for a few minutes, then season to taste, add the parsley, and serve. If the parsley is allowed to boil in the sauce it will lose some of its green colour.

TIME.—20 to 25 minutes. AVERAGE COST, 1½*d.* per ½ pint.

PIQUANTE OR SHARP SAUCE.

INGREDIENTS.—½ pint of brown sauce, 2 tablespoonfuls of vinegar, 1 tablespoonful of capers cut in two, 1 tablespoonful of gherkin coarsely chopped, 1 small onion finely chopped, salt and pepper.

METHOD.—Put the onion and vinegar into a small saucepan, let them boil until considerably reduced, then add the brown sauce, capers, gherkin, salt and pepper if necessary, bring to the boil, simmer for 5 minutes, and serve.

TIME.—About ½ an hour. AVERAGE COST, 7*d.*

PORT WINE SAUCE (For Venison, etc.).

INGREDIENTS.—¼ pint of gravy from roast venison or mutton, a glass of port wine, 1 teaspoonful of red-currant jelly, a few drops of lemon-juice.

METHOD.—Put all the above into a small saucepan, bring to the boil, and serve.

TIME.—7 or 8 minutes. AVERAGE COST, 4*d.*, without the gravy.

RED CURRANT SAUCE (For Puddings or for Venison, Hare, etc.).

INGREDIENTS.—A small jar of red-currant jelly, 1 glass of port wine.

METHOD.—Put the wine and jelly into a small saucepan, let them slowly come to the boil, and serve when the jelly is dissolved.

TIME.—5 minutes. AVERAGE COST, 10*d.*

SAGE AND ONION SAUCE (For Roast Pork).

INGREDIENTS.—¾ pint of brown stock, 2 medium-sized onions, 2 oz. of freshly-made breadcrumbs, 1½ oz. of butter or sweet dripping, 1 teaspoonful of finely-chopped sage, salt and pepper.

METHOD.—Cut the onions into rather small dice. Melt the butter or fat, put in the onions, and fry slowly until brown. Add the stock and boil up, then put in the sage, breadcrumbs, salt and pepper, simmer for 10 minutes, and serve.

TIME.—About 40 minutes. AVERAGE COST, 7*d.*

SALAD DRESSING.

INGREDIENTS.—The yolks of 3 hard-boiled eggs, 4 tablespoonfuls of salad-oil, 2 tablespoonfuls of Worcester sauce or mushroom ketchup 2 tablespoonfuls of vinegar, 1 teaspoonful of made mustard, 1 teaspoonful of salt, ½ a teaspoonful of pepper.

METHOD.—Rub the yolks of eggs through a fine sieve, mix with them the salt, pepper, and mustard. Stir in the salad-oil, add the Worcester sauce and vinegar gradually, and when thoroughly incorporated the dressing is ready for use. The whites of the eggs should be utilized for garnishing the salad. The above will be found an excellent dressing for cold meat salads to be served with cold meat.

AVERAGE COST.—8*d.* or 9*d.*

SAUCE FOR CHRISTMAS PUDDING.

INGREDIENTS.—1 wineglassful of rum, 4 yolks of eggs, 3 whites of eggs, 2 oz. of castor sugar, ½ gill of water.

METHOD.—Put all the ingredients into a stewpan, with half a gill of water, stand it in a larger pan of boiling water, and whisk briskly until the whole becomes thick and frothy. Serve at once.

TIME.—About 15 minutes. AVERAGE COST, 9*d.* or 10*d.* for this quantity.

SHARP OR PIQUANTE SAUCE

(*See* **Piquante Sauce**).

SHRIMP SAUCE.

INGREDIENTS.—½ pint of white sauce, ¼ pint of picked shrimps, 1 teaspoonful of anchovy essence, a few drops of lemon-juice, cayenne.

METHOD.—The fish stock required for the white sauce may be obtained by simmering the shrimp shells in milk and water. Add the shrimps, anchovy essence, lemon-juice, and cayenne to the hot sauce. Cover the saucepan, and let it stand for a few minutes where the contents cannot boil, then serve.

TIME.—Altogether, about 40 minutes. AVERAGE COST, 8*d.*

SOUBISE SAUCE (White Onion Sauce).

INGREDIENTS.—¼ pint of Béchamel sauce or other good white sauce, 2 tablespoonfuls of white stock, 2 Spanish onions, sugar, salt and pepper.

METHOD.—Peel and parboil the onions in salted water, then drain well and chop them finely. Put the prepared onions and stock into a stewpan, cover closely, cook slowly until reduced to a pulp, and add the sauce. Simmer gently until reduced to the right consistency, then add a pinch of sugar, season to taste, and use as required.

TIME.—About 1 hour. AVERAGE COST, 6*d.* to 7*d.*

TARTARE SAUCE.

INGREDIENTS.—¼ pint of mayonnaise sauce, 1 tablespoonful of chopped gherkin or capers, ½ a teaspoonful of very finely-chopped shallot (this may be omitted).

METHOD.—Stir the gherkin and shallot lightly into the mayonnaise, and use as required.

TIME.—25 minutes altogether. AVERAGE COST, 5*d.* to 7*d.*

TOMATO SAUCE.

INGREDIENTS.—1 lb. of tomatoes, 2 shallots, 1 bay-leaf, 1 sprig of thyme, 10 peppercorns, 1 oz. of butter, 2 oz. of lean ham, 1 tablespoonful of vinegar.

METHOD.—Melt the butter in a stewpan, add the ham cut small, and the shallots chopped. Cook over the fire, but do not brown. Now add the seasoning, herbs, peppercorns, and tomatoes sliced, stir altogether, and boil for about 20 minutes, or until well reduced. Pass the sauce through a tammy-cloth, warm up, season, and serve.

TIME.—30 to 35 minutes. AVERAGE COST, 7*d.* to 8*d.*

VANILLA SAUCE.

INGREDIENTS.—1 pint of milk, 1 egg, 1 oz. of sugar, ½ oz. of cornflour, a few drops of vanilla essence.

METHOD.—Mix the cornflour smoothly with a little of the milk. Have ready a saucepan of boiling water, put the remainder of the milk into a jug, and stand the jug in the boiling water until the milk is quite hot. Add the sugar to the milk, also add the moistened cornflour, and stir until it thickens. Beat the egg in a basin, and add 2 or 3 tablespoonfuls of the sauce to it gradually. Pour into the jug and stir for a few minutes to cook the egg, then add the vanilla essence and serve.

TIME.—40 to 60 minutes. AVERAGE COST, about 3½*d.*

VENISON SAUCE.

INGREDIENTS.—1 small onion, 1 oz. of lean ham, 1 oz. of butter, ½ gill

of vinegar, 12 crushed peppercorns, 1 bay-leaf, ½ a small minced carrot, a little thyme and chopped parsley, ½ pint of Espagnole sauce, 1 glass of port wine, 1 dessertspoonful of red currant jelly.

METHOD.—Mince the onion and the ham, fry them in butter, then add the vinegar, peppercorns, bay-leaf, carrot, and herbs. Cover the saucepan and simmer for 10 minutes. Then add the sauce, wine, and jelly. Cook for 10 minutes, skim and strain. Re-heat, season, and serve.

TIME.—From 30 to 35 minutes. AVERAGE COST, 1*s.* 3*d.*

VINAIGRETTE SAUCE (For Asparagus, Calf's Head, Brains, etc.)

INGREDIENTS.—4 tablespoonfuls of salad-oil, 2 tablespoonfuls of tarragon vinegar, ½ a teaspoonful each of finely-chopped gherkin, shallot, and parsley, salt and pepper.

METHOD.—Mix all well together, and use as required.

TIME.—About 5 minutes. AVERAGE COST, 4*d.* or 5*d.*

WHITE SAUCE FOR PUDDINGS.

INGREDIENTS.—¾ pint of milk, 1 dessertspoonful of cornflour, sugar to taste, 2 or 3 strips of lemon-rind, salt.

METHOD.—Blend the cornflour smoothly with a little cold milk, and put the remainder into a saucepan. Add the lemon-rind and a pinch of salt, simmer gently for 10 or 15 minutes, then strain over the blended cornflour, stirring meanwhile. Return to the saucepan, sweeten to taste, simmer gently for 5 minutes, and use as required. Any other flavouring may be substituted for the lemon-rind.

TIME.—About 20 minutes. AVERAGE COST, 2*d.* to 2½*d.*

WHITE SAUCE WITHOUT STOCK (For Vegetables, Meat, Poultry, etc.).

INGREDIENTS.—1 pint of milk, 1 tablespoonful of cream (this may be omitted), 2 oz. of butter, 1½ oz. of flour, 1 small carrot, 1 small onion, 1 strip of celery, 1 bay-leaf, salt, 10 peppercorns.

METHOD.—Cut the carrot and celery into rather large pieces, put them with the milk, onion, and bay-leaf into a saucepan, and simmer gently for about ½ an hour. If the milk reduces in simmering, add more to make up the original quantity. Melt the butter in another saucepan, stir in the flour, and cook for 7 or 8 minutes without browning. Let this roux cool slightly, then add to it the milk and vegetables, and whisk briskly until it boils. Simmer for 10 minutes, strain through a tammy-cloth, or rub through a fine hair-sieve, re-heat, season to taste, add the cream, and use.

TIME.—About 50 minutes. AVERAGE COST, 6*d.*

Note.—For white sauce made with stock, *see* Béchamel.

WHITE SAUCE FOR VEGETABLES, VEAL, RABBIT, AND POULTRY.

INGREDIENTS.—1 oz. of butter, 1 oz. of flour, ½ pint of milk, ½ gill of white stock, ½ a bay-leaf, salt, and white pepper.

METHOD.—Melt the butter in a small saucepan, stir in the flour, and cook for a few minutes without allowing the flour to brown. Dilute with the milk, stir till it boils, then add the stock and bay-leaf, and let simmer for at least 10 minutes. Remove the bay-leaf, season to taste, and strain.

TIME.—25 to 35 minutes. AVERAGE COST, 4*d.*

WINE SAUCE.

INGREDIENTS.—¼ pint of water, 1 glass of sherry, 1 tablespoonful of any kind of jam, 1 tablespoonful of castor sugar, lemon-juice to taste.

METHOD.—Put the sugar and water into a saucepan, and simmer for 10 minutes, then add the rest of the ingredients, bring to the boil, strain, and serve.

TIME. — About 15 minutes. AVERAGE COST, 4*d.* to 5*d.*

RECIPES FOR COOKING BEEF

BEEF À LA MODE.

INGREDIENTS.—3 lb. of rump of beef, larding bacon, 1 quart of stock, 1 glass of claret, 1¼ oz. of butter, 1 oz. of flour, 2 carrots, 1 finely-chopped small onion, 10 button onions, a bouquet-garni (parsley, thyme, bay-leaf), the juice of ½ a lemon, 2 cloves, salt and pepper.

METHOD.—Trim, bone, and lard the meat, place it in a basin with the wine, lemon-juice, chopped onion, cloves, salt, pepper and bouquet-garni, and let it stand for 2 hours, basting it frequently. Melt the butter in a stewpan, drain the beef, and fry it brown, and at the same time lightly fry the button onions. Remove both from the stewpan, put in the flour, and fry until it acquires a nut-brown colour; then add the stock and the wine-marinade in which the meat was soaked, and stir until boiling. Replace the meat and onions, season to taste, add the carrots thinly sliced, and cook gently for 2½ or 3 hours, stirring and skimming occasionally. When done place on a hot dish, strain the sauce over, and garnish with little groups of onions and carrots.

TIME.—2½ to 3 hours. AVERAGE COST, 3*s.* to 3*s.* 6*d.* SUFFICIENT for 8 or 9 persons.

BEEF, BAKED.

INGREDIENTS.—2 lb. of cold roast beef, about 2 lb. of mashed potatoes, 2 small onions, 2 small carrots, 1 teaspoonful of powdered mixed herbs, salt and pepper, 1 pint of gravy.

METHOD.—Remove the bones and the brown outside parts of the meat, simmer them slowly for at least 2 hours, strain, season, and use as gravy. Cut the meat into thin small slices, cook the vegetables and cut them into very thin slices. Spread a thin layer of mashed potato on the bottom of a piedish, on the top place a few slices of meat, add a little carrot and onion, sprinkle on some of the herbs, and season well with salt and pepper. Repeat until the dish is full, pour in as much gravy as the dish will hold, cover with the mashed potato, and bake in a moderate oven until the surface is well browned. The potato should be smoothed and shaped by means of a knife to resemble as nearly as possible a paste crust; and the appearance may be further improved by brushing over the top with beaten egg, or a little milk. Serve the remainder of the gravy separately.

TIME.—To bake, about ¾ of an hour. AVERAGE COST, 4*d.*, exclusive of the meat. SUFFICIENT for 4 or 5 persons.

BEEF, BOILED.

INGREDIENTS.—Salt beef, turnips, carrots, onions, peppercorns, bouquet-garni (parsley, thyme, bay-leaf), suet dumplings, if liked,

METHOD.—The aitchbone, round, and brisket are all suitable for boiling. In boiling meat a certain proportion of the nutritive qualities escape into the water, and the liquor should therefore be utilized for soup, when it is not too salt for the purpose. With this end in

view, the liquor should be reduced to the smallest possible quantity by using a boiling-pot just large enough to contain the joint, with barely sufficient water to cover it. The meat must be skewered, or bound with string, into a compact form. The water in which it is immersed should be warm unless the meat be very salt, then cold water is necessary to extract some of the salt. In either case, it should be heated gradually to boiling point, and well skimmed. With a joint weighing from 10 to 14 lb., an allowance should be made of 2 or 3 medium-sized onions, 2 large or 4 small carrots, 1 large or 2 small turnips, and 12 peppercorns. The onions should be kept whole, the turnips cut in thick slices, and the carrots lengthwise into 2 or 4 pieces. They should be added after the liquor has been well skimmed. When suet dumplings form part of the dish, they should be put into the liquor ½ an hour before serving, the liquor being previously brought to the boil. To serve, replace the string and skewers with one or 2 silver skewers, pour some of the liquor round the dish, and garnish with the vegetables.

TIME.—From 20 to 30 minutes to each lb. AVERAGE COST, 8*d.* to 10*d.* per lb. SEASONABLE in winter.

SOYER'S RECIPE FOR PRESERVING THE GRAVY IN SALT MEAT, when it is to be served cold: Fill 2 tubs with cold water, into which throw a few pounds of rough ice; when the meat is done, put it into one of the tubs of ice-water, let it remain 1 minute, then take it out and put it into the other tub. Fill the first tub again with water, and continue this process for about 20 minutes; then set it upon a dish, and let it remain until quite cold. When cut, the fat will be as white as possible, and the whole of the gravy will have been saved. If there is no ice, spring water will answer the same purpose, but will require to be more frequently changed.

BEEF, BRAISED.

INGREDIENTS.—4 to 6 lb. of fresh brisket of beef, 2 carrots, 1 turnip, 2 or 3 strips of celery, 1 or 2 leeks, ½ lb. of button onions, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, salt, stock, a few slices of bacon. For the sauce: 1½ oz. of butter, 1½ oz. of flour, stock.

METHOD.—Turn about a ½ pint each of carrot and turnip with a large-sized pea-shaped cutter, and put them and the button onions aside. Slice the remainder of the carrot and turnip, the leeks and the celery, and place them in a stewpan just large enough to contain the meat. Lay the meat on the top of the vegetables, cover with slices of bacon, add the bouquet-garni, peppercorns, a little salt, and stock or water to nearly cover the vegetables. Put on a close-fitting lid, and cook as gently as possible for 4 or 5 hours. Meanwhile, heat the butter in a smaller stewpan, add the flour, stir and cook slowly until well browned, and then add the stock, using that from the larger stewpan when none other is available. Stir until boiling, season to taste, boil for at least 10 minutes, then strain and use. The carrot and turnip dice and button onions must be cooked separately in well-flavoured stock until tender, and they may be added to the sauce, or arranged in groups round the dish on which the meat is served.

TIME.—From 4 to 5 minutes. AVERAGE COST, 6*s.* SUFFICIENT for 18 or 20 persons. Seasonable at any time.

BEEF, COLLARED.

INGREDIENTS.—7 lb. of thin end of the flank of beef, 2 oz. of coarse sugar, 6 oz. of salt, 1 oz. of saltpetre, 1 large handful of parsley minced, 1 dessertspoonful of minced sage, a bunch of savoury herbs, ½ a teaspoonful of pounded allspice, salt and pepper to taste.

METHOD. — Choose fine tender

beef, but not too fat; lay it in a dish, rub in the sugar, salt, and saltpetre, and let it remain in a cool place in the pickle for a week or 10 days, turning and rubbing it every day. Then bone it, remove all the gristle and the coarse skin of the inside part, and sprinkle it thickly with parsley, herbs, and seasoning. Roll the meat up in a cloth as tightly as possible, bind it firmly with string and boil it gently for 6 hours. Immediately on taking it out of the pot, put it under a good weight, without undoing it, and let it remain until cold.

TIME.—6 hours. AVERAGE COST, 3*s.* 6*d.* to 4*s.* SEASONABLE at any time.

BEEF, CURRIED.

INGREDIENTS. — 2 lb. of lean, tender, uncooked beef, 1¼ pints of stock or water, 2 oz. of butter, 1 dessertspoonful of flour, 1 dessertspoonful of curry-powder, 1 teaspoonful of curry-paste, 1 sour apple, 2 small onions coarsely chopped, 1 dessertspoonful of lemon-juice, salt, 4 oz. of rice.

METHOD.—Cut the meat into slices about ½ inch thick, and 1 inch square. Melt the butter in a stewpan, fry the meat quickly and lightly, then take it out on to a plate, put in the onion, flour, and curry-powder, and fry gently for 10 minutes. Add the stock, curry-paste, apple sliced, and salt to taste, boil, replace the meat, cover closely, and cook gently for 1½ hours. Boil the rice, drain, and dry thoroughly. When the meat is done, remove it to a hot dish, season the sauce to taste, add the lemon-juice, and strain over the meat. The rice should be served separately.

TIME.—About 2 hours. AVERAGE COST, 2*s.* to 2*s.* 6*d.* SUFFICIENT for 5 or 6 persons.

BEEF DRIPPING, TO CLARIFY.

Put the dripping into an old iron saucepan, cover with boiling water, and boil uncovered for ½ an hour. Cool slightly, then pour into an earthenware vessel, and as soon as it is cold and firm scrape the impurities from the under surface, and reheat, to evaporate all water. If the fat is left on the water after it is set it will absorb some of the water.

BEEF, FILLET OF, WITH TOMATOES.

INGREDIENTS.—3 lb. of fillet of beef, 6 or 8 small tomatoes, 2 oz. of butter, 1 tablespoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, 1 moderate-sized onion (sliced), 1 teaspoonful of flour, ½ pint of beef stock, salt and pepper.

METHOD.—Trim and bind or skewer the fillet into a good shape. Heat the butter in a stewpan, put in the fillet, and fry it until the entire surface is well browned, then add the onion, parsley, herbs, and ½ a saltspoonful of pepper; cover closely and let the meat cook as slowly as possible for 2 hours, basting frequently. Boil up the stock, mix the flour smoothly with a little cold stock or water, stir it into the stock, and simmer for 10 minutes, stirring continuously. Half an hour before serving pour it into the stewpan containing the meat. The tomatoes may be plainly baked or stuffed with either mushrooms or meat farce (*see* Tomatoes, Stuffed). When the meat is cooked, remove the strings or skewers, place it on a hot dish, and garnish with the tomatoes. To the gravy add seasoning to taste, deepen the colour by adding a few drops of caramel browning, Lemco, or a piece of meat glaze, and strain into a sauceboat.

TIME.—2½ hours. AVERAGE COST, 4*s.* 6*d.* SUFFICIENT for 8 or 10 persons. SEASONABLE at any time.

BEEF FRITTERS.

INGREDIENTS.—¼ lb. of cold roast beef, 6 oz. of flour, 2 tablespoonfuls of oiled butter, ¼ pint of tepid water, the whites of 2 eggs, ½ a teaspoonful of powdered mixed herbs, the rind

of ½ a lemon, a good pinch of nutmeg, salt and pepper, frying-fat.

METHOD.—Chop the meat finely. Mix the flour, tepid water, and melted butter into a smooth batter, add to it the meat, herbs, lemon-rind, nutmeg, salt and pepper to taste, and lastly the stiffly-whipped whites of eggs. Have ready a deep pan of hot fat, drop in the mixture in tablespoonfuls, and fry until golden-brown. Drain well, dish in a pyramidal form on a folded napkin, or dish-paper, and garnish with fried parsley. The mixture may be varied by the addition of a teaspoonful of powdered sage, and a tablespoonful of parboiled and finely-chopped onion, instead of lemon-rind and nutmeg.

TIME.—To prepare and cook, about 1 hour. AVERAGE COST, 6*d*., exclusive of the meat. SUFFICIENT for 4 or 5 persons.

BEEF, GALANTINE OR ROLL OF.

INGREDIENTS.—1 lb. of lean beef, ½ lb. of bacon, 6 oz. of breadcrumbs, 2 eggs, ¼ pint of stock, salt and pepper.

METHOD.—Cut the beef and bacon into small pieces, add the breadcrumbs, a liberal seasoning of salt and pepper, and mix well together. Beat the eggs, add to them the stock, and stir into the dry ingredients. Shape the mixture into a short thick roll, tie it in a buttered pudding-cloth, boil gently in stock or water for 2 or 2½ hours, then press until cold. Before serving, brush over with dissolved meat glaze, and decorate with creamed butter or aspic jelly.

TIME.—To cook, from 2 to 2½ hours. AVERAGE COST, 1*s*. 9*d*.

BEEF, HASHED

(*See also* "Beef, Minced").

INGREDIENTS.—1 lb. of cold roast beef cut into slices, 1 onion sliced, 2 oz. of streaky bacon, 1 oz. of butter, ¾ pint of Spanish and tomato sauces in equal proportions.

METHOD.—Melt the butter, add the bacon cut into dice, then the onions, and fry a light brown. Now lay in the slices of meat, pour the sauces over, and cook slowly for half an hour, without boiling. Dish up neatly with croûtes of bread fried in fat as garnish, or sippets of toast.

TIME.—About ¾ of an hour. AVERAGE COST, 1*s*. 6*d*. to 1*s*. 9*d*.

BEEF, MINCED.

INGREDIENTS.—1 lb. of cold roast beef, 1½ oz. of flour, 1½ oz. butter, 1 onion coarsely chopped, 1 small carrot, ½ of a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns.

METHOD.—Remove the bones, and the brown outside parts of the meat, put them into a stewpan with the herbs, peppercorns, and vegetables, cook them slowly for about 2 hours, then strain. Have ready the brown roux (or thickening), made by frying together the flour and butter until brown, add to it the hot stock, stir until it boils, then season to taste, and boil gently for 20 minutes. Chop the meat finely, or cut it into very small dice, put it into the sauce, cover closely, draw the stewpan to the side of the stove, and let it remain for ½ an hour in order that the flavour of the sauce may be imparted to the meat. Before serving, the mince may be flavoured with mushroom ketchup, walnut liquor, Harvey's or other sauce, but these additions must be determined by individual taste. The mince may be garnished with fried potatoes or croûtons or poached eggs; if served as a luncheon dish, it may be served in a border of mashed potato.

TIME.—About 1 hour, after the stock is made. AVERAGE COST, 3*d*., exclusive of the meat. SUFFICIENT for 3 or 4 persons.

BEEF OLIVES

(*See* Veal Olives).

Proceed as directed, omitting the bacon.

BEEF PALATES.

(*See* **Ox Palates, Stewed**).

BEEF, PRESSED.

INGREDIENTS.—Brisket of beef, salted, 1 onion, 1 carrot, ½ a turnip, a bouquet- garni (parsley, thyme, bay-leaf), 10 peppercorns, glaze.

METHOD.—Wash the beef well in cold water, put it into a saucepan with sufficient warm water to cover it, boil up, skim well, add the prepared and sliced vegetables, bouquet-garni, and peppercorns, and simmer gently until the bones can be easily removed. Take the meat out of the saucepan, and having removed the bones, press it between two boards or dishes until cold. Brush over with glaze before serving.

BEEF PUDDING, FROM ROAST BEEF.

INGREDIENTS. — ½ lb. of cold roast beef finely chopped, 3 oz. of flour, 1 egg, ½ pint of milk, ½ a teaspoonful of powdered mixed herbs, salt and pepper, dripping.

METHOD.—Make the batter as directed for frying batter, season it with salt and pepper, and add the herbs and meat. Melt a little dripping in a piedish or deep baking-tin, put in the preparation, bake until set and nicely browned, then serve.

TIME.—To bake, about 40 minutes.

AVERAGE COST, 3*d*., in addition to the meat. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

BEEF, RAGOÛT OF.

INGREDIENTS.—1½ lb. of cold roast beef (preferably underdone), 2 oz. of butter or fat, 1½ oz. of flour, 2 onions coarsely chopped, 1 carrot cut into dice, ½ a turnip cut into dice, 1 pint of stock made from bones and trimmings, salt and pepper.

METHOD.—Cut the meat into neat slices, put them aside, and boil the bones and trimmings at least two hours for stock. Melt the butter in a stewpan, add the onion and trimmings of carrot and turnip, fry until lightly browned, then sprinkle in the flour. Stir and cook slowly until well browned, put in the stock, season to taste, and stir until boiling. Boil gently for 15 minutes, then cool slightly, put in the meat, cover closely, and cook very gently for 1½ hours, taking care to keep the temperature just below simmering point. Place the slices of meat on a hot dish, strain the sauce over, and garnish with the vegetable dice cooked separately. A tablespoonful of mushroom ketchup, walnut liquor, sharp sauce, or vinegar, may be used to give additional flavour to the sauce.

TIME.—To stew, 1½ hours. AVERAGE COST, 4*d*., exclusive of the meat. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

BEEF RISSOLES.

INGREDIENTS.—4 oz. of lean cooked beef, ½ pint of gravy or stock, ½ oz. of butter, ½ oz. of flour, ½ a teaspoonful of finely-chopped parsley, a pinch of nutmeg, salt and pepper, about 4 oz. of paste, 1 egg, 1 onion, vermicelli or breadcrumbs, frying-fat.

METHOD.—Chop the meat very finely. Heat the butter in a small stewpan, fry the onion slightly, stir in the flour, add the stock, and boil well. Now add the meat, parsley, and nutmeg, season to taste, and when well mixed turn on a plate to cool. Roll the paste out to the thickness of foolscap paper, cut it into rounds of 1½ or 2 inches diameter, place a little of the meat mixture on one half, moisten the edges of the paste, fold the other half over, making the rissoles half-moon or crescent shape, and press the edges of the paste together. Brush them over with beaten egg, roll them in crushed vermicelli or breadcrumbs, and fry in hot fat.

TIME.—From 40 to 50 minutes. AVERAGE COST, 7*d*., exclusive of the meat. SUFFICIENT for 1 dish.

BEEF, ROAST.

INGREDIENTS.—Beef, beef-dripping.

METHOD.—The joints usually roasted are the sirloin, ribs, and aitchbones, and sometimes the round. When cooking a large sirloin, it is a good plan to cut off the thin end, and salt, cook, and press it (as in recipe, Beef, Pressed). When the joint to be roasted consists of 1 or 2 ribs of beef off a large animal, it may be made compact and easier to carve by removing the bones, and skewering or tying the meat into a round form. The usual accompaniments to roast beef are gravy and horseradish, or horseradish sauce.

BEEF, SCOTCH COLLOPS

(*See* **Collops, Minced**).

BEEF, SPICED.

INGREDIENTS.—10 or 12 lb. of pickled beef, 1 dessertspoonful of black pepper, ½ a teaspoonful of ginger, 1 saltspoonful of powdered cloves, 1 saltspoonful of grated nutmeg, ½ a saltspoonful of ground mace, 1 glass of claret or port wine.

METHOD.—Drain the beef from the pickle, mix together the above ingredients (except the wine), and sprinkle them over the entire surface of the meat, which must then be rolled, bound, and skewered into a good shape. Put the meat into an earthenware stewpot with a lid, pour over it the wine, cover the top of the vessel with 2 or 3 thicknesses of greased paper, and put on the lid. As no other liquid than the wine is added, it is absolutely necessary that the steam generated should be kept within the vessel and for this purpose the lid is frequently covered with a paste of flour and water. The meat should be cooked slowly in the oven for about 4 hours, and then pressed between two boards or dishes until cold.

BEEFSTEAK AND KIDNEY PIE.

INGREDIENTS. — 1 lb. buttock steak, 2 sheep's kidneys, or ½ ox kidney, ¾ lb. rough puff paste, seasoning, 1 egg.

METHOD.—Cut the kidney into thin slices across, place one on each slice of meat, roll up tightly, and put the roll on end in the piedish. Season with salt, pepper, and moisten with ½ gill of water or gravy, line the edges of the dish and then cover with paste. Ornament the surface with fancifully cut leaves of paste, flake the edge of paste, brush over with beaten egg and bake in a fairly hot oven from 2 to 2½ hours.

TIME.—About 2 hours. AVERAGE COST, 3*s*. SUFFICIENT for 6 or 7 persons.

BEEFSTEAK AND KIDNEY PUDDING.

INGREDIENTS.—The same as in the recipe for Beefsteak Pudding, with the addition of 2 sheep's kidneys, or ½ lb. of ox kidney.

METHOD.—Cut the kidney into thin slices, 3 inches long and 2 inches wide, dip them in the seasoning mixture, place one on each slice of meat, roll up tightly and place the rolls on end in the basin. In other respects, proceed as directed in the recipe for Beefsteak Pudding.

TIME.—4 to 4½ hours. AVERAGE COST, 2*s*. 6*d*. SUFFICIENT for 5 or 6 persons.

BEEFSTEAK, FRIED.

INGREDIENTS.—1½ lb. of rump steak, salt and pepper, butter or frying-fat.

METHOD.—Although this method of cooking steaks is not to be recommended, it is often more convenient than grilling, and with proper care the tender juicy qualities of the steak may be preserved, but it is less easily digested, in consequence of the fat in which it is fried. Make the butter or fat hot in a frying-pan, have sufficient to barely cover the bottom of the pan, put in the steak, fry one side quickly, then turn and fry the other side. When the entire surface is browned and

hardened the cooking should be done a little more slowly, to avoid burning the fat in the pan, the steak being repeatedly turned. The steak may be served with a little butter spread lightly on the surface, or with gravy. To make this, drain off all the fat, add a little boiling water to the sediment in the frying-pan, season with salt and pepper, boil up, skim, strain, and serve round the dish or separately in a sauceboat.

TIME.—About 15 minutes. COST, 1*s.* 2*d.* per lb. SUFFICIENT for 5 persons.

BEEFSTEAK PUDDING.

INGREDIENTS.—2 lb. of beefsteak, 1 tablespoonful of flour, 1 level teaspoonful of salt, ½ a teaspoonful of pepper, 1 lb. of suet paste.

METHOD.—Cut the meat into thin slices, about 3 inches in length and width, but not necessarily uniform in shape. Mix the flour, salt and pepper together on a plate, and dip each slice in the mixture. Make the paste as directed, cut off about ¼ of it, and put it aside for the lid, roll out the remainder to the size of the basin, which must be previously well greased. Line the basin with the paste, put in the meat, sprinkle the rest of the seasoning mixture between the layers, and leave spaces to admit water, thus preventing the pudding becoming too dry. Three-quarters fill the basin with boiling water, which extracts less of the juices of the meat than cold water, put on the cover, and moisten and seal the edges. If the pudding is to be boiled, tie over a scalded and floured pudding cloth. If steamed, cover with a greased paper. Let the water be quite boiling, put in the pudding, and boil for 3½ hours, or steam for 4 hours.

TIME,—From 4 to 4½ hours to cook. AVERAGE COST, 2*s.* 4*d.* SUFFICIENT for 5 or 6 persons.

BUBBLE AND SQUEAK.

INGREDIENTS.—Thin slices of cold roast or boiled beef, cold mashed potatoes, cold greens of any kind, 1 onion shredded, butter or dripping, salt and pepper, vinegar if liked.

METHOD.—Melt a little butter or fat in a frying-pan, put in the meat, fry quickly until lightly browned on both sides, then remove and keep hot. Put in the onion, fry until brown, add the potatoes and greens, and season to taste. Stir until thoroughly hot, then add a little vinegar, if liked, and turn on to a hot dish. Place the slices of meat on the top, and serve.

TIME.—About 20 minutes.

BULLOCK'S HEART, STUFFED AND BAKED.

INGREDIENTS. — A bullock's heart, veal forcemeat, fat for basting, ½ pint of good stock, red currant jelly.

METHOD.—Wash the heart in several waters, cut away any cartilage or gristle there may be at the base, remove the lobes and the membrane, separating the cavities inside the heart. Drain and dry the heart thoroughly, make the forcemeat, and tie round securely with tape or twine. Have ready in a deep baking-tin 3 or 4 tablespoonfuls of hot fat, put in the heart, baste it well, and repeat the basting frequently during the 3 hours it must be allowed to cook in a moderate oven. Half an hour before serving remove the paper, in order that the base of the heart may brown. Have the stock ready boiling, transfer the heart to a HOT dish, and keep it as HOT AS POSSIBLE. Drain the fat from the tin, sprinkle in a little salt and pepper, pour in the boiling stock, mix well with the sediment in the tin, bring to the boil, and strain. Serve with red currant jelly, a little gravy poured round the dish, and the remainder in a sauceboat.

TIME.—To cook, 3 hours. AVERAGE COST, 2*s.* 6*d.* to 3*s.* SUFFICIENT for 6 or 7 persons.

COLLOPS, MINCED.

INGREDIENTS.—1 lb. of rump steak, 1½ ozs. of butter, 1 small onion or 2 shallots finely chopped, a bouquet-garni (parsley, thyme, bay-leaf), 1 tablespoonful of mushroom ketchup or walnut liquor (lemon-juice or vinegar may be substituted), 1 tablespoonful of flour, ¼ pint of stock or water, salt and pepper, toast.

METHOD.—Mince the meat very finely by hand. Heat the butter in a sautépan or frying-pan, fry the onion until lightly browned, then add the flour and fry a little; next put in the meat, and stir over the fire for a few minutes. Add the stock or water, bouquet-garni, and mushroom ketchup and season to taste with salt and pepper. Cook very slowly for 15 minutes, then serve garnished with sippets of toasted bread.

TIME.—To cook, altogether about 25 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for about 3 persons. SEASONABLE at any time.

EXETER STEW.

INGREDIENTS. — 2 lb. of lean beef, 1½ pints of water, 1½ oz. of dripping, 1½ oz. of flour, 2 or 3 onions, 2 tablespoonfuls of vinegar, salt and pepper. For the savoury balls: 4 oz. of flour, 1½ oz. of finely-chopped suet, 1 tablespoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, 1 teaspoonful of salt, ¼ of a teaspoonful of baking-powder, ½ a saltspoonful of pepper.

METHOD.—Remove all the fat from the meat, cut the meat into 8 or 10 pieces, put them into a stewing-jar with the vinegar, and place the jar in a cool oven. Make the fat hot in a frying-pan, fry the sliced onions and flour until brown, add the water, boil up, and pour it over the meat in the jar. Season, cover closely, and cook gently either in the oven or on the stove for 3 hours. Mix the ingredients for savoury balls together, add water to bind these into a stiff mixture, and separate into 12 balls. About 40 minutes before serving, bring the stew to boiling point; drop in the balls, and simmer for 40 minutes. To serve: pile the meat in the centre of a hot dish, strain the gravy over and arrange the balls neatly round the base.

TIME.—From 3¼ to 3½ hours. AVERAGE COST, about 2*s.* SUFFICIENT for 5 or 6 persons.

HOT POT.

INGREDIENTS. — 2 lb. of lean beef, 2 or 3 lb. of potatoes, ½ lb. of onions, salt and pepper.

METHOD.—Remove the fat from the meat, and cut it into 8 or 10 pieces; cut the onions into very thin slices, and divide each potato across into 3 or 4 pieces. Put a layer of potato at the bottom of an earthenware dish, then a layer of meat, add a few slices of onion, and season well with salt and pepper. Continue until all the material is used, potato forming the top layer. Fill the dish 3 parts full with cold water, adding more later if the hot pot appears at all dry. Cover with a greased paper, and bake slowly for 2 hours. Serve in the dish in which it is cooked.

TIME.—2 hours, to bake. AVERAGE COST, 1*s.* 10*d.* SUFFICIENT for 7 or 8 persons.

KIDNEY, FRIED (Beef).

INGREDIENTS.—1 lb. of ox kidney, 2 oz. of butter, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, salt, cayenne, flour.

METHOD.—Cut the kidney into slices about ½ of an inch thick, and remove the core. Make the butter hot in a sautépan, mix 1 tablespoonful of flour, ½ a teaspoonful of salt, and ¼ of a teaspoonful of pepper together on a plate, dip the slices of kidney in the mixture, and fry them gently in the butter for

about 20 minutes, turning them 2 or 3 times, and keeping the sautépan covered. Have ready a very hot dish, arrange the kidney neatly in two rows, add the lemon-juice, parsley, and a pinch of cayenne to the butter in the sautépan, and pour over the kidney. Serve as hot as possible.

TIME.—From 30 to 35 minutes, to prepare and cook. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 4 or 5 persons.

KIDNEY, STEWED.

INGREDIENTS.—1 lb. of ox kidney, 1 pint of water, 1 oz. of beef dripping, 1 oz. of butter, 1½ oz. of flour, 1 finely-chopped small onion, salt and pepper.

METHOD.—Cut the kidney into slices about ¼ of an inch thick, and remove the core. Make the dripping hot in a stewpan, season a tablespoonful of flour with ½ a teaspoonful of salt, and a ¼ of a teaspoonful of pepper; dip the slices of kidney in the mixture, and fry them in the hot fat until browned on both sides, and at the same time fry the onion. Drain away the fat, add 1 pint of nearly boiling stock or water, a little salt and pepper, cover closely, and simmer very slowly for 1 hour. Knead the butter and flour smoothly together, add it in small portions to the contents of the stewpan, cook for 20 minutes longer, or until the kidney is perfectly tender. Arrange the slices of kidney neatly on a hot dish, season the sauce to taste, and strain it over. When intended for luncheon the kidney may be served within a border of mashed potato, and the dish garnished with small cooked tomatoes. For breakfast it may be varied by the addition of small rolls of fried bacon, poached eggs, or sippets of either toasted or fried bread.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 2*d.* SUFFICIENT for about 4 persons.

MARROW BONES.

INGREDIENTS.—Marrow bones, flour, dry toast.

METHOD.—Saw the bones into short lengths, cover the ends with a paste made of flour and water, tie them in a floured cloth, and boil from 1¾ to 2 hours. Remove the cloth and crust, set the bones upright on a dish covered with a hot napkin, and serve with dry toast.

TIME.—To boil, 1¾ to 2 hours. AVERAGE COST, 9*d.* to 1*s.*

OX-CHEEK, STEWED.

INGREDIENTS.—1 ox-cheek, 2 oz. of butter, 2 oz. of flour, 2 onions, 2 small carrots, 1 turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, a glass of sherry, if liked, 1 teaspoonful of lemon-juice, salt and pepper.

METHOD.—Wash the cheek in several waters, remove the splintered bones, if any, and soak for at least 12 hours in salt and water, changing the water 2 or 3 times. When sufficiently soaked, wash it well in warm water, put in to a boiling pot, cover with cold water, bring to the boil, and skim well. Now add the vegetables cut into thick slices, peppercorns, cloves, bouquet-garni, and a heaped teaspoonful of salt, and cook slowly for about 4 hours, or until the bones may be easily removed. Have ready the brown roux (or thickening), made by frying the butter and flour together until they acquire a nut-brown colour, strain on to it rather more than 1 pint of liquor from the boiling pan, stir until it boils, and simmer for at least 10 minutes. In the meantime bone the cheek, and cut it into pieces convenient for serving. Add the sherry and lemon-juice to the sauce, season to taste, put in the slices of cheek, and when hot, serve. The dish may be garnished

with dice or julienne strips of turnip and carrot cooked separately. The liquor in which the cheek has been cooked makes excellent soup.

TIME.—To cook, 4½ to 5 hours. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 7 or 8 persons.

OX-PALATES, STEWED.

INGREDIENTS.—4 ox-palates, 1½ pints of stock, 1½ oz. of butter, 1½ oz. of flour, 1 onion, 1 small carrot, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt.

METHOD.—Soak the palates for several hours in salt and water, and press them frequently with the fingers, to draw out the mucus. Wash well into 2 or 3 waters, then put the palates into a stewpan with cold water to completely cover them, heat gradually, and, before the water boils, drain, and scrape off the rough skin, which covers one side, leaving them white and clear. If the water is allowed to boil this skin is removed with great difficulty. Replace the palates in the stewpan, add the stock, herbs, peppercorns, sliced vegetables, and salt, and simmer gently for 4 hours. Press between 2 dishes until cold, then cut into 2-inch squares. Fry the butter and flour in a stewpan until a brown roux is formed, strain on to it the stock in which the palates were cooked (if reduced to less than ¾ pint, add more to make up the quantity), put in the pieces of palate, and, when hot, serve garnished with fancifully-cut vegetables.

TIME.—20 minutes, after the palates are cooked. AVERAGE COST, 2*s.*

Note.—The palates, after being either braised or stewed until tender, and pressed until cold, may be marinaded (soused in brine), and, after being drained, dipped in butter, coated with egg and breadcrumbs and fried, cut into rounds, re-heated, glazed, and dished alternately with slices of cooked tomato, or stuffed with meat farce, and dressed as olives.

OX-TAIL, STEWED.

INGREDIENTS.—1 ox-tail, 2 oz. of butter, 1½ oz. of flour, 1 pint of stock or water, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 1 blade of mace, 1 sliced onion, 1 tablespoonful of lemon-juice, salt and pepper.

METHOD.—Wash the tail, cut it into pieces about 1½ inches long, and divide the thick parts in half, Make the butter hot in a stewpan. dry the pieces of tail thoroughly, and fry them brown in the butter. Take them out of the stewpan, put in the sliced onion and flour, fry until well browned, then add the stock, bouquet-garni, cloves, mace, salt and pepper, and stir until boiling. Replace the pieces of tail, cover closely, and simmer gently for 2½ to 3 hours. Arrange the pieces of tail on a hot dish, season the sauce to taste, add the lemon-juice, and strain over them. Garnish with croûtons of fried bread, or groups of cooked turnip and carrot, cut either into dice or julienne strips.

TIME.—From 2¾ to 3 hours. AVERAGE COST, 2*s.* to 2*s.* 9*d.* SUFFICIENT for 5 or 6 persons.

PORTERHOUSE STEAK.

INGREDIENTS.—A steak about 1½ inches in thickness, cut from a well-hung sirloin of beef, warm butter or salad-oil.

METHOD.—Brush the steak over on both sides with salad-oil or warm butter, sprinkle with pepper, and when convenient let it remain for 1 hour before cooking. Grill over a clear fire, and serve with maître d'hôtel butter, groups of button onions fried in butter and glazed, small stuffed tomatoes, horseradish sauce, or suitable accompaniment.

SEA PIE.

INGREDIENTS.—1 lb. of beef-steak, ¾ lb. of suet crust, 1 small onion, 1 carrot, pepper and salt.

METHOD.—Cut the steak into thin

slices about 2 inches square, put them into a shallow stewpan, season with salt and pepper, barely cover the slices with boiling water, put on the lid, and simmer gently. Slice the carrot thinly, cut the onion into small pieces, and add them to the meat. Make the paste as directed, roll it into a round rather less than the top of the stewpan. Lay this on the top of the meat when it has simmered for ½ an hour, replace the lid, and continue the cooking for 1½ hours longer. When the pie is done, cut the paste into 4 pieces and remove them carefully from the stewpan to a plate; arrange the meat and vegetables neatly on a hot dish, and place the crust on the top.

TIME.—About 2½ hours. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.* SUFFICIENT for 4 persons.

SIRLOIN, ROAST

(*See* **Beef, Roast**).

STEAK, STEWED.

INGREDIENTS.—1 lb. of beefsteak, ¾ pint of stock or water, 1 oz. of butter, 1 oz. of flour, 1 onion, 1 carrot, ½ a turnip, pepper and salt.

METHOD.—Remove the fat from the steak and put it aside until wanted, divide the lean into 5 or 6 pieces. Cut the vegetables into dice or julienne strips, and keep them in water until required. Heat the butter in a stewpan, fry the steak quickly until browned on both sides, remove it, put in the trimmings of the vegetables and the flour, fry brown, then add the stock or water, and stir until boiling. Replace the meat, season to taste, cover closely, and cook gently for about 2 hours. When done, have ready the dice or strips of vegetables boiled until tender in salted water, and the fat of the meat fried and nicely browned. Arrange the pieces of steak neatly on a hot dish, strain the sauce over, place the fat on the top, and garnish the base with groups of the prepared vegetables.

TIME.—From 2¼ to 2½ hours. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.* SUFFICIENT for 3 or 4 persons.

TOAD-IN-THE-HOLE.

INGREDIENTS.—1 lb. of beefsteak (cut up small), 4 oz. of flour, ½ pint of milk, 1 egg, salt, dripping.

METHOD.—Mix the flour, milk, egg, and a little salt into a smooth batter. Put into a Yorkshire pudding tin sufficient dripping to form a thin layer when melted, pour in about ¼ of the batter, and bake until set. Then add the meat, season it with salt and pepper, pour in the remainder of the batter, bake quickly until it has risen and set, and then cook more slowly until sufficiently cooked. Serve in squares arranged neatly overlapping each other on a hot dish.

TIME.—To bake, about 1 hour, AVERAGE COST, 1*s.* 3*d.* to 1*s.* 5*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

TRIPE AND ONIONS.

INGREDIENTS.—2 lb. of dressed tripe, 2 large onions, ½ pint of milk, ½ pint of water, 1 tablespoonful of flour, 1 teaspoonful of salt and pepper.

METHOD.—Cut the tripe into 3-inch squares, put them into a stewpan, cover with cold water, bring to boiling point, and strain. Replace the tripe, add the milk, water, and salt, boil up, put in the thinly-sliced onions, and simmer for 3 hours. Twenty minutes before serving have the flour mixed smoothly with a little milk, pour it into the stewpan, stir until boiling, and simmer for 15 minutes. Season to taste, and serve.

TIME.—About 3½ hours. AVERAGE COST, 1*s.* 8*d.* SUFFICIENT for 4 or 5 persons.

RECIPES FOR MUTTON AND LAMB.

HARICOT MUTTON.

INGREDIENTS.—4 lb. of the middle or best end of the neck of mutton, 3 carrots, 3 turnips, 3 onions, pepper and salt to taste, 1 tablespoonful of ketchup or Harvey's sauce.

METHOD.—Trim off some of the fat, cut the mutton into rather thin chops, and put them into a frying-pan with the fat trimmings. Fry a pale brown, but do not cook them enough for eating. Cut the carrots and turnips into dice, and the onions into slices, and slightly fry them in the same fat that the mutton was browned in, but do not allow them to take any colour. Now lay the mutton at the bottom of a stewpan, then the vegetables, and pour over them just sufficient boiling water to cover the whole. Give one boil, skim well, and then set the pan on the side of the fire to simmer gently until the meat is tender. Skim off every particle of fat, add a seasoning of pepper and salt, and a little ketchup, and serve. This dish is very much better if made the day before it is wanted for table, as the fat can be so much more easily removed when the gravy is cold. This should be particularly attended to, as it is apt to be rather rich and greasy if eaten the same day it is made. It should be served in rather a deep dish.

TIME. — 2½ hours to simmer gently. AVERAGE COST, 3*s.* 4*d.* SUFFICIENT for 8 persons. SEASONABLE at any time.

HOT POT (LANCASHIRE).

INGREDIENTS.—2 lb. of the best end of the neck, 3 sheep's kidneys, 12 sauce oysters, 2 lb. of potatoes, 1 Spanish onion, salt and pepper, ½ pint of gravy, 1 oz. of butter, stock.

METHOD.—Divide the meat into neat cutlets, trim off the skin and greater part of the fat. Put the short rib bones, the lean trimming of the meat, the beards of the oysters, and a small onion into a stewpan, cover these with cold water, and boil them down for gravy. Grease a fireproof baking-dish, put in a deep layer of sliced potato, on the top of them arrange the cutlets to slightly overlap each other, and on each place 1 or 2 slices of kidney, and an oyster. Season well, put in the remainder of the potatoes, but let the top layer consist of small potatoes cut in halves and uniformly arranged to improve the appearance of the dish. Pour down the side of the dish ½ pint of hot stock or hot water seasoned with salt and pepper. Brush the upper layer of potatoes over with warm butter, cover with a buttered paper, and bake for 2 hours in a moderate oven. The paper must be removed during the latter part of the time to allow the potatoes to become crisp and brown. When ready to serve, pour in a little gravy, and send the rest to table in a tureen. Hot pot is served in the dish in which it is baked.

TIME.—2 hours. COST, 4*s.* SUFFICIENT for 6 persons.

IRISH STEW.

INGREDIENTS.—3 lb. of neck of mutton, 4 lb. of potatoes, 1 large onion, 12 button onions, 1½ pints of stock or water, salt and pepper, a little finely-chopped parsley.

METHOD.—Cut the meat into pieces convenient for serving, and trim off some of the fat. Wash, peel, and slice the potatoes and the large onion, peel the button onions and blanch them. Put a layer of potatoes at the bottom of a stewpan, cover these with a layer of meat, add a slice or two of onion, and season well with salt and pepper. Repeat until all the materials are used; the top layer must consist of potato, and the button onions should be interspersed. Add the stock or water and when it comes to the boil skim well, but unless the meat be very fat very little subsequent skimming is needed as the potatoes absorb the greater part melted out of the meat. The stewpan must be kept covered, and the contents cooked gently for about 1½ hours, or until the potatoes are thoroughly cooked and the stew loses its watery appearance. If liked, a teaspoonful of mushroom or walnut ketchup may be added before serving. Pile in the centre of a hot dish, sprinkle on a little chopped parsley, and serve.

TIME.—From 2 to 3 hours. AVERAGE COST, 2*s.* 6*d.* to 2*s.* 9*d.* SUFFICIENT for 6 or 7 persons.

KIDNEY, FRIED.

INGREDIENTS.—Sheep's kidneys, butter, salt and pepper.

METHOD.—Cut the kidneys open lengthwise, but without quite dividing them, and remove the skins. Run a skewer through them to keep them flat, place the kidneys, cut side down, in a frying-pan containing a little hot butter, and fry quickly on both sides. Season with salt and pepper, pour a little hot gravy around them, and serve as hot as possible.

TIME.—5 or 6 minutes. AVERAGE COST, 3*d.* each. SUFFICIENT, 1 for each person. SEASONABLE at any time.

KIDNEYS, GRILLED.

INGREDIENTS.—Kidneys, croûtons of fried bread or buttered toast, salad-oil or oiled butter, Maître d'Hôtel sauce.

METHOD.—Cover the kidneys with boiling water, and let them remain in it for 2 minutes. Drain, dry, remove the skin, split in two lengthwise, but without detaching the halves. Pass a steel skewer through them, to keep them open, brush over with salad-oil, or oiled butter, season with salt and pepper, and grill them over a clear fire, cooking the cut side first. Time required for cooking depends upon the size of the kidney and individual taste; 5 minutes will be found sufficient for a small kidney, and 8 minutes for a large one; kidneys are almost uneatable when over-cooked. Have the croûtons ready and as hot as possible, place a kidney on each with a small pat of Maître d'Hôtel sauce in the centre of each kidney. Serve at once.

TIME.—To grill, from 5 to 8 minutes. AVERAGE COST, 3*d.* to 4*d.* each. SUFFICIENT, 1 to each person.

KIDNEYS, SAUTÉD.

INGREDIENTS.—3 sheep's kidneys, 1 oz. of butter, ¼ pint of brown sauce, 1 tablespoonful of sherry, 1 shallot finely chopped, salt and pepper.

METHOD.—Immerse the kidneys in boiling water for 2 minutes, drain, dry, remove the skins and cores, and cut them into ¼-inch slices. Heat the butter in a sauté-pan, fry the shallot slightly, put in the sliced kidney, and shake or toss over the fire for 3 or 4 minutes. Drain off a little of the butter, add the brown sauce, sherry, salt and

pepper, stir by the side of the fire until thoroughly hot, but do not let the mixture boil. Serve as hot as possible.

TIME.—About 5 or 6 minutes. AVERAGE COST, 3*d.* to 4*d.* each. SUFFICIENT, 1 kidney to each person.

LAMB, BLANQUETTE OF.

INGREDIENTS.—2 lb. of loin, neck, or breast of lamb, 1 onion sliced, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns. For the sauce; ½ pint of stock, 1½ oz. of butter, 1 oz. of flour, 2 yolks of eggs, 2 tablespoonfuls of cream, salt and pepper.

METHOD.—Cut the meat into pieces about 2 inches square, and put them into a stewpan with the onion, herbs, peppercorns, and a little salt. Cover with cold water, and cook gently for 2 hours. Melt the butter, add the flour, stir, and cook for a few minutes without browning. When the meat is ready strain from it ½ pint of the liquor, and add it to the blended flour and butter. Stir until boiling, simmer for 3 or 4 minutes, then add the yolks of eggs and cream, previously beaten together. Stir and cook gently for a few minutes, taking care that it does not boil, or it may curdle. Arrange the meat neatly on a hot dish, strain the sauce over, and serve.

TIME.—About 2¼ hours. AVERAGE COST, from 8*d.* to 1*s.* 2*d.* per lb. SUFFICIENT for 3 or 4 persons. SEASONABLE from April to October.

LAMB, BOILED.

The leg of lamb is the part usually selected for boiling, but this method of cooking is not often adopted. Careful and frequent skimming is essential to preserve the colour of the meat, and the liquor in which it is cooked must contain nothing to destroy or overpower its delicate flavour. The peas, carrots, or whatever is served as a garnish should be cooked separately, and the meat masked with a good white or Béchamel sauce.

LAMB, BREAST OF, STUFFED.

INGREDIENTS.—A breast of lamb, ⅓ pint of brown sauce, veal forcemeat, French beans, 1 oz. of butter, salt and pepper. For the mirepoix or foundation: ¾ pint of stock, 2 onions, 2 carrots, ½ a small turnip, a bouquet-garni, 6 peppercorns, 2 oz. of butter.

METHOD.—Remove the bones, flatten the meat with a cutlet-bat or rolling-pin, season well with salt and pepper, spread on the veal forcemeat, roll up tightly, and bind securely with string. Slice the vegetables, and put them into a large stewpan with the butter, place the meat on the top, cover, and cook gently for 20 minutes, then add the herbs, peppercorns, and stock to nearly cover the vegetables. Place a buttered paper over the meat, put on the lid, and braise for 2 hours. Cook the beans in salted water and drain them well. Melt the butter in a stewpan, put in the beans, season with salt and pepper, toss over the fire for a few minutes, and serve them arranged in small groups round the dish. Send the sauce to table in a sauceboat.

TIME.—2½ hours, to cook the meat. AVERAGE COST, 8*d.* to 10*d.* per lb. SUFFICIENT for 3 or 4 persons.

LAMB CUTLETS, COLD.

There are various ways of preparing this dish. The cutlets may be cooked in butter (sautéd or grilled), or braised and pressed. The former method is, no doubt, more simple, although braising is highly recommended on account of the fine flavour imparted to the meat by this method of cooking. The cutlets must be carefully pared, trimmed, and flattened before they are cooked, and when cooked they

must be pressed beneath a heavy weight, and kept thus until they are quite cold. To finish them, proceed as follows:—Pour a layer of aspic jelly in a sautépan, or large dish; when set arrange the cutlets in it, cover with another layer of aspic jelly, and let this also set. Place the pan or dish on the ice for about 1 hour, then cut the cutlets out with a sharp knife, and arrange them in a circle on a round dish. Fill the centre of the dish with some kind of cooked vegetables—peas, beans, asparagus points, or macedoine—previously seasoned with mayonnaise or salad-dressing, and garnish with neatly-cut cubes of set aspic jelly, and serve.

AVERAGE COST.—1*s.* to 1*s.* 2*d.* per lb. ALLOW 9 or 10 cutlets for 6 or 7 persons.

LAMB CUTLETS, GRILLED.

INGREDIENTS.—9 or 10 cutlets cut from the best end of the neck, ½ pint of shelled peas, ¼ pint of good gravy or demi-glace sauce, salt and pepper, salad-oil.

METHOD.—Trim the cutlets into a good shape, brush over with salad-oil, then grill them over or in front of a clear fire for about 8 or 10 minutes, turning them 3 or 4 times. Season the cutlets lightly with salt and pepper, cover the end of each bone with a cutlet-frill, arrange neatly in a circle on a border of mashed potato, serve the peas in the centre, and pour the hot sauce round.

TIME—30 minutes altogether. AVERAGE COST, 1*s.* to 1*s.* 2*d.* per lb. SUFFICIENT for 6 or 7 persons.

LAMB CUTLETS, TO PREPARE.

METHOD.—Take the best end of a neck of lamb, remove the chine bone and saw the rib bones across, reducing the length to 3½ or 4 inches, according to the size of the fillet or lean portion of the meat. Trim off the greater part of the fat and scrape the end of the bone, leaving about ¾ of an inch quite bare. A more even surface and a better shape may be obtained by flattening the cutlets with a wetted cutlet-bat or chopping-knife. The cutlets may be plainly grilled or fried, coated with egg and breadcrumbs and fried or braised, and glazed. The most suitable vegetable accompaniments are asparagus, green peas, and spinach; and an almost infinite number of sauces may be served with the cutlets, and allowed to give their name to the dish when it is a simple one.

LAMB CUTLETS WITH SPINACH.

INGREDIENTS.—8 or 10 cutlets, ¾ pint of spinach purée (*see* Spinach Soup), 1 oz. of butter, 1 egg, breadcrumbs, salt and pepper, ½ pint of gravy, tomato or any other sauce preferred.

METHOD.—Trim the cutlets, brush them over with beaten egg seasoned liberally with salt and pepper, and coat with breadcrumbs. Prepare the spinach purée as directed, and keep it hot until required. Heat the butter in a sauté or frying-pan, fry the cutlets quickly until lightly browned on both sides, and drain them free from fat. Arrange in a close circle on a hot dish, pile the purée in the centre, and pour the sauce round.

TIME.—To fry, 5 or 6 minutes. AVERAGE COST, 1*s.* to 1*s.* 2*d.* per lb. SUFFICIENT for 5 or 6 persons. SEASONABLE from April to October.

Note.—Peas, asparagus, beans, and mashed potatoes may be substituted for the spinach.

LAMB, LOIN OF, ROLLED AND BRAISED.

INGREDIENTS.—1 loin of lamb, a mirepoix of vegetables (*see* Lamb, Shoulder of, Braised), stock, glaze, cooked peas, spinach, salt and pepper.

METHOD.—Remove the bones, season the inner surface of the meat with salt and pepper, roll the flap under as tightly as possible, and

bind with string. Braise for about 2 hours, brush over with glaze, and serve on a bed of cooked peas, spinach, or cucumber.

TIME.—About 2 hours. AVERAGE COST, 11*d.* to 1*s.* 2*d.* per lb. SUFFICIENT for 6 or 7 persons. SEASONABLE from April to October.

LAMB, MINCED

(*See* **Beef, Minced**).

LAMB, ROAST.

Lamb, when roasting, requires more attention than any other kind of meat. No part of it must be underdone, and to secure this result without drying and hardening the thinner portions to an undesirable degree, much care is necessary. The intense heat to which all meat must first be subjected for a few minutes is applied for too short a time to affect the colour of a joint kept constantly in motion, and the subsequent browning and over-cooking of any part may be obviated by covering the meat with 2 or 3 folds of well-greased paper and by frequent basting. The amount of heat applied to any part may be regulated by raising or lowering the joint on the spit, and the rate of cooking by increasing or decreasing the distance between the joint and the fire.

LAMB, ROAST FOREQUARTER.

INGREDIENTS.—Forequarter of lamb, mint sauce.

METHOD.—(*See* Lamb, Roast). Serve with gravy made from the sediment in the roasting-tin, and mint sauce.

TIME.—1½ to 2 hours, according to size. AVERAGE COST, 11*d.* to 1*s.* 2*d.* SUFFICIENT for 8 to 12 persons, according to weight. SEASONABLE, grass lamb, from March to September.

LAMB, SHOULDER OF, BRAISED.

INGREDIENTS.—A shoulder of lamb, larding bacon, 1 pint of stock, 3 oz. of butter, 1½ oz. of flour, 2 shallots finely chopped, 1 teaspoonful of finely-chopped parsley. For the mirepoix; 2 onions, 2 carrots, ½ a small turnip, a bouquet garni (parsley, thyme, bay-leaf), 6 peppercorns, meat glaze.

METHOD.—Bone the shoulder, season well with salt and pepper roll up tightly, and bind securely with string. Cut the lardoons, or strips of bacon for insertion in the meat, about 2 inches long, and rather more than ¼ of an inch in thickness, and insert close rows in the rolled meat. Slice the vegetables, and put them into a large braisepan with 1½ oz. of butter, place the meat on the top, cover closely, and cook gently for 20 minutes. Add the herbs, peppercorns, and stock to nearly cover the vegetables, place a buttered paper over the meat, put on the lid, and braise in the oven for 2 hours. Half an hour before serving, melt the remaining butter in a stewpan, fry the shallots slightly; then add the flour, and cook until it acquires a nut-brown colour. When the meat is ready, remove the strings, brush it over with stock reduced to glaze, and put it into a moderate oven for a few minutes to crisp the bacon. Strain the stock, increase the quantity to ¾ pint, pour it over the brown roux or thickening, and stir until it boils. Add to it the parsley, season to taste, simmer for 2 or 3 minutes, then serve in a sauceboat. Cooked tomatoes, mushrooms, fancifully-cut turnips and carrots, small timbales of spinach or green pea purée, haricots verts, and macedoine are all suitable garnish for this dish.

TIME.—To braise, about 2 hours. AVERAGE COST, 10*d.* to 1*s.* 1*d.* per lb.

Note.—The loin, neck, or breast may be cooked in this manner. If preferred, the shoulder may be stuffed with sausage-meat or veal forcemeat, and the larding may in all cases be omitted, if more convenient.

LAMB, SHOULDER OF, STUFFED

(*See* **Mutton, Shoulder of, Baked and Stuffed.**

LAMB, STEWED.

INGREDIENTS.—3 or 4 lb. of loin, neck, or breast of lamb, 2 oz. of butter, the juice of ½ a lemon, 6 mint leaves, ¼ of a teaspoonful of pepper, ½ a pint of Soubise sauce.

METHOD.—Saw the long bones across and either skewer or bind the meat into a compact form. Heat the butter in a large stewpan, add the pepper, mint, and lemon-juice, put in the meat, cover closely, and cook very gently for about 1 hour, turning the meat 2 or 3 times in order to brown the entire surface. Serve the Soubise sauce separately; or, instead of this sauce, add ¼ pint of stock mixed with 1 dessertspoonful of flour to the butter etc., in the stewpan, boil for 2 or 3 minutes, season to taste, improve the colour if necessary by adding a few drops of liquid caramel. Dish up and serve hot.

TIME.—About 2 hours. AVERAGE COST, 10*d.* to 1*s.* 2*d.* per lb. SUFFICIENT for 7 or 8 persons.

LAMB'S FRY.

INGREDIENTS.—1½ lb. of fry. For the batter: 1 level dessertspoonful of flour, 2 tablespoonfuls of water, 1 egg, salt and pepper, 2 or 3 oz. of clarified fat or dripping, 1 tablespoonful of flour, about ½ pint of hot water.

METHOD.—Wash the fry, put it into a stewpan with sufficient cold water to just cover it, bring to the boil, cook for 2 or 3 minutes, then drain and dry well. Mix the flour, 1 saltspoonful of salt, and ¼ the quantity of pepper into a smooth batter with the 2 tablespoonfuls of cold water, and add to it the egg previously beaten. Heat the clarified fat in a frying-pan, dip the pieces of fry in the batter, and fry them gently until nicely browned on both sides, but take care not to overcook the liver. Have ready a very hot dish, on which to put the fry, and keep it as hot as possible while the gravy is being made. The fat in the pan may be used for this purpose, or, if preferred, it can be poured away, and 1 oz. of butter used instead. Stir the flour into the fat, and when brown pour in the hot water, stir and boil for five minutes, season to taste, and either strain it round the dish or serve it separately in a sauceboat.

TIME.—To cook, about 15 or 20 minutes. AVERAGE COST, 10*d.* to 1*s.* per lb. SUFFICIENT for 3 or 4 persons.

Note.—If preferred, the fry may be cooked with egg and breadcrumbs, instead of the batter before frying.

LAMBS' SWEETBREADS, FRIED.

INGREDIENTS.—1 lb. of lambs' sweetbreads, ½ pint of gravy, tomato sauce or any other sauce preferred, 1 egg, breadcrumbs, butter or frying-fat, flour, salt and pepper.

METHOD.—Soak the sweetbreads in water for 2 hours, changing the water 3 or 4 times; then drain well, and place in a stewpan containing just sufficient cold water to cover them. Add a little salt, bring to the boil, cook gently for 15 minutes, then press between 2 dishes until cold. Roll lightly in a little flour seasoned with salt and pepper, coat carefully with egg and breadcrumbs, and fry in hot butter or fat until lightly browned. Serve the gravy or sauce separately.

TIME.—To fry, 6 or 8 minutes. AVERAGE COST, 2*s.* to 2*s.* 6*d.* per lb. SUFFICIENT for 3 or 4 persons. SEASONABLE at all times.

MUTTON AND POTATO PIE.

INGREDIENTS. — 2 lb. of cold lean mutton, 2 lb. of potatoes, 2 onions, ¾ pint of gravy (made from the bones and trimmings of the meat), salt and pepper.

METHOD.—Cut the meat into small thin slices, parboil and slice

the potatoes and onions. Line the bottom of a piedish with potato, cover with a layer of meat and a few slices of onion, and season liberally with salt and pepper. Repeat until the materials are used, the top layer consisting of potato. Pour in the gravy, cover with a greased paper, and bake about 1 hour in a moderate oven. A quarter of an hour before serving remove the paper to allow the potatoes to brown.

TIME.—To prepare and cook, about 1½ hours. AVERAGE COST, 3*d.*, exclusive of the meat. SUFFICIENT for 5 or 6 persons.

MUTTON, BOILED.

The leg, neck, and breast are the parts usually selected for boiling, When intended for this purpose, the meat should not be allowed to hang many days, for the least taint spoils the flavour of boiled mutton. Too often the natural flavour of a boiled joint is overpowered by the flavour of the vegetables with which it is cooked. To avoid this, only the quantity sufficient to impart a slight flavour should be cooked in the liquor, and the remainder boiled separately. The flavour of the meat is thus preserved, and the vegetables are a better colour when cooked more quickly than is possible if their rate of cooking is adapted to the meat. The side of the joint intended to be dished upwards should be put downwards in the boiling pot, for however gentle the ebullition of the water may be, its action somewhat spoils the upper surface of the meat. Moreover, any scum that is not removed during the process of cooking is apt to fall on the upper surface of the meat, and impair its appearance. The time allowed for boiling is from 20 to 25 minutes for each lb. of meat, according to the thickness of the joint.

MUTTON, BONED LEG OF, STUFFED.

INGREDIENTS.—A small leg of mutton boned, 2 oz. of finely-chopped ham or bacon, 4 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of finely-chopped suet, 2 finely-chopped shallots, 1 teaspoonful of chopped parsley, ½ a teaspoonful of grated lemon-rind, ½ a teaspoonful of powdered mixed herbs, 1 saltspoonful of grated nutmeg, salt and pepper, 1 egg, milk, brown sauce or gravy.

METHOD.—Mix all the dry ingredients together, adding the needful seasoning of salt and pepper. Moisten with the egg and as much milk as is necessary to bind the whole together, press the mixture into the cavity whence the bone was taken, and secure the opening. Roast before a clear fire, or bake in a moderately hot oven from 2¼ to 2½ hours, and when ready serve with brown sauce or good gravy.

TIME.—About 2½ hours. AVERAGE COST, 10*d.* per lb. SEASONABLE at any time.

MUTTON, BREAST OF, BOILED WITH CAPER SAUCE.

INGREDIENTS.—A breast of mutton, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 dessertspoonful of chopped parsley, ½ teaspoonful of powdered mixed herbs, milk, salt and pepper, ½ pint of caper sauce, stock, or water; when using the latter, add 1 onion, 1 carrot, ½ a small turnip, 10 peppercorns, and salt.

METHOD.—Remove the bones and any superfluous fat, flatten the meat and season it well. Mix the breadcrumbs, suet, parsley, herbs, and a good seasoning of salt and pepper together, and moisten with milk. Spread the mixture on the meat, roll up lightly, and bind securely with string. Put it into the stock or water when boiling, simmer gently for 2 hours, then serve with the caper sauce poured over.

TIME.—About 2 hours. AVERAGE COST, 6*d.* per lb. SEASONABLE all the year.

MUTTON, BREAST OF, GRILLED OR BROILED.

INGREDIENTS.—A breast of mutton, salt and pepper, tomato, piquante, or other suitable sauce.

METHOD.—Divide the breast into pieces convenient for serving, and trim away some of the fat. Grill slowly over or in front of a clear fire, in order that the meat may be thoroughly cooked, turning frequently meanwhile, and sprinkling liberally with salt and pepper. Serve the sauce separately.

TIME.—About 20 minutes. AVERAGE COST, 6*d.* per lb. SEASONABLE at any time.

MUTTON, BROILED, AND TOMATO SAUCE.

INGREDIENTS.—Slices of cooked mutton, salad-oil or melted fat or butter, salt and pepper, ½ pint of tomato sauce, mashed potato.

METHOD.—Brush the meat over on both sides with oil or melted fat, sprinkle carefully with salt and pepper, and broil quickly over a clear fire. Serve on a border of mashed potato, with the sauce poured round.

TIME.—From 10 to 15 minutes. SEASONABLE at any time.

MUTTON CHOPS, BROILED OR GRILLED.

INGREDIENTS.—Loin of mutton, salad-oil or oiled butter, salt and pepper.

METHOD.—Divide the loin into chops, trim away any superfluous fat, curl the end round, and fasten securely with a small skewer. Brush over with salad-oil or butter, broil over or infront of a clear fire, turning 3 or 4 times, then season with salt and pepper, and serve.

TIME.—To broil, 7 to 10 minutes. AVERAGE COST, 1*s.* per lb.

MUTTON COLLOPS.

INGREDIENTS.—6 or 8 slices of cooked mutton, 2 shallots or 1 small onion finely chopped, ½ a teaspoonful of powdered mixed herbs, ½ a saltspoonful of mace, 1 dessertspoonful of flour, butter or fat for frying, ½ pint of gravy or stock, lemon-juice or vinegar, salt and pepper.

METHOD.—Cut the meat into round slices about 2½ inches in diameter. Mix together the shallot, herbs, mace, and a little pepper and salt, and spread this mixture on one side of the meat. Let it remain for 1 hour, then fry quickly in hot butter or fat, taking care to cook the side covered with the mixture first. Remove and keep hot, sprinkle the flour on the bottom of the pan, which should contain no more fat than the flour will absorb, let it brown, then add the gravy or stock. Season to taste, boil gently for about 15 minutes, add a little lemon-juice or vinegar to flavour, and pour the sauce round the meat.

TIME.—Altogether, 1½ hours. AVERAGE COST, about 1*s.* 8*d.* SUFFICIENT, 1 lb. for 3 or 4 persons. SEASONABLE at any time.

MUTTON, CURRIED.

INGREDIENTS.—1 lb. of cooked mutton, ½ pint of curry sauce, boiled rice.

METHOD.—Remove all skin and fat from the meat, and cut it into small thin slices. Make the sauce as directed, let the meat remain in it for at least ½ an hour, then serve with well boiled rice.

TIME.—To re-heat the meat, ½ an hour. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at all times.

Note.—*See* "Veal, Curry of," "Chicken, Curried."

MUTTON CUTLETS WITH GREEN PEAS.

INGREDIENTS.—7 or 8 cutlets cut from the best end of a neck of mutton, 1 pint of shelled peas, ⅓ pint of Espagnole sauce, 3 oz. of butter, 1 egg, breadcrumbs, salt and pepper.

METHOD.—Trim the cutlets and flatten them with a wetted cutlet-bat or heavy chopping-knife. Beat the egg, add to it ½ oz. of warm butter and a liberal seasoning of salt and pepper; dip the cutlets in the preparation, and coat them carefully with breadcrumbs. Boil the peas, drain them well, and just before serving put them into a stewpan with 1 oz. of butter and a little salt and pepper, and toss over the fire until well mixed with the butter. Heat the remaining 1½ oz. of butter in a sautépan and fry the cutlets quickly until lightly browned on both sides, then drain well. Arrange them overlapping each other on a thin potato border, serve the peas in the centre, and pour the hot Espagnole sauce round.

TIME.—To cook the cutlets, from 7 to 10 minutes. AVERAGE COST, 1s. per lb. SUFFICIENT for 5 or 6 persons.

MUTTON CUTLETS WITH SOUBISE SAUCE.

INGREDIENTS.—7 or 8 cutlets cut from the best end of the neck, ½ pint of Soubise sauce, ¼ pint of demi-glace or brown sauce, salt and pepper, salad-oil, or butter.

METHOD.—Trim and flatten the cutlets into a good shape, brush themover with oiled butter or salad-oil, and grill over or in front of a clear fire for 8 or 10 minutes. The cutlets should be turned 2 or 3 times, and before serving sprinkle both sides with a little salt and pepper. Arrange them in a close circle on a border of mashed potato, serve the Soubise sauce in the centre, and pour the other sauce round.

TIME.—8 to 10 minutes. AVERAGE COST, 1s. per lb. SUFFICIENT for 5 or 6 persons.

MUTTON GRILLED, WITH TOMATO SAUCE.

INGREDIENTS.—Two slices of mutton, about an inch in thickness, cut from the middle of the leg, ½ pint of tomato sauce. For the marinade: 2 tablespoonfuls of salad oil or oiled butter, 1 dessert spoonful of vinegar, ½ a teaspoonful finely-chopped parsley, ¼ of a teaspoonful of finely-chopped shallot or onion, a pinch of powered mixed herbs, 1 salt spoonful of salt, ½ a saltspoonful of pepper, potato garnish.

METHOD.—Put the slice of meat on to a dish, pour over it the marinade, and let it remain for 2 hours, turning and basting occasionally. When ready to cook, drain, dry well, brush over with salad-oil or warm butter, and grill over a clear fire for about 15 minutes. Have ready the tomato sauce and some crisply-fried straws, ribbons, or chips of potato, place the meat on a hot dish, arrange the potatoes round the base, and serve the sauce in a sauceboat. The dish may be varied by serving with it mushroom sauce and baked tomatoes, or baked or stewed mushrooms, and brown sauce.

TIME.—To grill the meat, about 15 minutes. AVERAGE COST, 1s. per lb. SUFFICIENT for 3 or 4 persons.

MUTTON, HASHED.

INGREDIENTS.—Cold mutton, pickles, brown sauce, breadcrumbs, salt.

METHOD.—Cut the meat into thin slices, and boil the bones and trimmings for stock for the brown sauce. Cover the bottom of a greased pie-dish with a layer of breadcrumbs, add 2 or 3 tablespoonfuls of brown sauce, and on the top arrange the slices of meat slightly overlapping each other. Sprinkle with chopped gherkins (or other pickle), salt and pepper, and cover lightly with the breadcrumbs and sauce. Repeat the process until the materials are used, making the top layer a rather thick one of breadcrumbs. Cover with a greased paper, and bake very gently for about ½ an hour. Serve in the dish in which it is cooked.

TIME.—1 hour. SEASONABLE at any time.

MUTTON, LOIN OF, BONED AND STUFFED.

INGREDIENTS.—A loin of mutton, 3 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of chopped suet, 2 tablespoonfuls of chopped ham or bacon, 1 teaspoonful of powdered mixed herbs, 2 teaspoonfuls of chopped parsley, ½ a teaspoonful of grated lemon-rind, 1 egg, milk, nutmeg, salt and pepper, gravy or sauce.

METHOD.—Bone the meat, trim away any superfluous fat, and flatten with a cutlet-bat or rolling-pin. Mix all the dry ingredients well together, add a good seasoning of salt and pepper; stir in the egg and as much milk as is necessary to moisten the whole. Spread the forcemeat on the inner surface of the meat, roll up tightly, and secure with tape. Bake the meat in a moderately hot oven for 2 or 2½ hours, according to size, basting frequently with hot fat; or, if preferred, the meat may be either braised or stewed according to directions given under the respective headings. Serve with good gravy, brown sauce, or any other sauce preferred.

TIME.—To bake, from 2 to 2½ hours. AVERAGE COST, 1*s.* per lb. SUFFICIENT for 6 or more persons, according to weight. SEASONABLE at any time.

MUTTON, MINCE OF, BAKED.

INGREDIENTS.—½ lb. of cooked mutton finely minced, 3 tablespoonfuls of white breadcrumbs, 1 tablespoonful of brown breadcrumbs, 1 teaspoonful of finely-chopped parsley, 1 shallot very finely minced, 1 egg, salt and pepper, 1 tablespoonful of mushroom ketchup, gravy, a little butter or fat.

METHOD.—Coat a plain mould or round cake-tin rather thickly with butter or fat, and cover it lightly with browned breadcrumbs. Mix the meat, white breadcrumbs, parsley, and shallot well together, season rather highly with salt and pepper, and add the egg, mushroom ketchup, and sufficient gravy to slightly moisten the whole. Turn the mixture into the prepared tin, bake gently from 1 to 1¼ hours, then unmould carefully, and serve with good gravy.

TIME.—To bake, from 1 to 1¼ hours. AVERAGE COST, about 1*s.* SUFFICIENT for 3 persons. SEASONABLE at any time.

MUTTON, NECK OF, BROWNED.

INGREDIENTS.—Best end of a neck of mutton, stock, 2 oz. of butter, 2 oz. of flour, 1 egg, breadcrumbs, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered mixed herbs, pepper and salt, frying-fat.

METHOD.—Saw the rib bones across, remove the short ends, fold the flap under, and bind securely. Place the meat in a stewpan containing as much boiling stock (or water and usual flavouring vegetables) as will barely cover it, simmer gently for 1 hour, then drain well. Beat the egg, add the parsley, herbs, and a good seasoning of salt and pepper, and coat the meat thickly with the mixture. Cover lightly with breadcrumbs, and bake in a moderately hot oven until well browned, meanwhile basting frequently with hot fat. Heat the butter in a stewpan, add the flour, stir and cook slowly until well browned, and add 1 pint of boiling stock from the larger stewpan. Stir until boiling, season to taste, simmer gently until required, and serve separately.

TIME.—About 1¼ hours. AVERAGE COST, 6*d.*, in addition to the meat, which will cost from 10*d.* to 1*s.* per lb. SUFFICIENT for 4 persons. SEASONABLE at any time.

MUTTON, RAGOÛT OF, COLD.

INGREDIENTS.—The remains of a saddle, loin, or neck of mutton, 1 onion shredded, 1 carrot cut into dice, ½ a turnip cut into dice 2 oz. of butter or fat, 1 oz. of flour ¾ pint of gravy, stock, or water, salt and pepper.

METHOD.—Divide the meat into cutlets and trim away some of the fat. Heat the butter or fat in a stew-pan, fry the meat quickly on both sides, then take it out, and put in the onion. Fry until lightly browned, sprinkle in the flour, and when well browned add the stock or water. Boil up, season to taste, add the trimmings of carrot and turnip, and replace the meat. Cover closely, cook very gently for 1 hour, then arrange the cutlets neatly on a hot dish, strain the sauce over, and serve garnished with the vegetable dice, which must have been meanwhile boiled in salted water.

TIME.—About 1 hour. AVERAGE COST, *6d.*, in addition to the meat and gravy. ALLOW 1 lb. to 3 or 4 persons. SEASONABLE at any time.

MUTTON, ROAST.

When possible, mutton should be roasted before the fire, for this method of cooking imparts a more delicate and better flavour to the meat. Whatever the joint, it should be well basted with hot fat before setting the roasting-jack in motion; and for 10 or 15 minutes it must be placed quite close to a clear bright fire, in order to quickly form a hard surface layer. The meat revolves too quickly for it to become over-browned in a short space of time. During the first few minutes the joint should be almost continuously basted, and afterwards at short intervals. The time required for roasting depends principally upon the condition of the fire and the form or the size of the joint.

MUTTON, ROAST SADDLE OF.

INGREDIENTS.—Saddle of mutton, salt and pepper, fat for basting gravy, red-currant jelly.

METHOD.—Remove the skin, pare off any superfluous fat, and take away the fat and kidneys from the inside. Fold the flaps under, bind securely in shape, and cover the back with several folds of greased paper. Roast in front of a clear fire, basting frequently, or if more convenient, bake in a moderately hot oven (*see* Mutton, Roast). Serve with good gravy and red-currant jelly.

TIME.—About 15 minutes per lb. AVERAGE COST, 1*s.* per lb. SEASONABLE at any time.

MUTTON, SHOULDER OF, BAKED AND STUFFED.

INGREDIENTS.—A small shoulder of mutton, veal forcemeat, ¾ pint of stock, 1 oz. of butter, ¾ oz. of flour, 2 or 3 oz. of dripping, salt and pepper.

METHOD.—Have all the bones removed from the shoulder, and boil them down for stock. Flatten the meat, using either a wetted cutlet-bat or rolling-pin for the purpose. Season well with salt and pepper, spread on the forcemeat, roll up tightly and bind securely with string. Have ready the baking-tin with the dripping melted, baste the meat well, put it into a moderate oven, and cook gently for 1½ hours, basting frequently. Meanwhile, fry together the butter and flour, until a brown roux, or thickening, is formed, strain on to it ¾ pint of stock made from the bones (which should be boiled for at least 2 hours), stir the sauce until it boils, and season to taste. When the meat has cooked for 1½ hours, drain off every particle of fat, but leave the sediment in the tin, pour in the brown sauce, return to the oven, and cook ½ an hour longer, basting frequently. When ready, serve on a hot dish, pour a little of the sauce over the meat, and send the remainder to table in a sauceboat.

TIME.—To prepare and cook, about 2½ hours. AVERAGE COST, 9*d.* to 10*d.* per lb.

Note.—Either leg, loin, or neck of mutton may be cooked, according to the above recipe: and when preferred onion force may be substituted for the veal forcemeat.

MUTTON, SCOTCH COLLOPS

(*See* **Collops, Minced**).

SCOTCH HAGGIS.

INGREDIENTS.—A sheep's paunch and pluck, 1 lb. of finely-chopped beef suet, ½ pint of oatmeal, 2 finely-chopped Spanish onions, 2 tablespoonfuls of salt, 1 teaspoonful of pepper, ½ a nutmeg finely grated, 1½ pints of good stock or gravy, the juice of 1 lemon.

METHOD.—Soak the paunch for several hours in salt and water, then turn it inside out and wash it thoroughly in several waters. Wash the pluck, cover the liver with cold water, boil it for 1½ hours, and at the end of ¾ of an hour add to it the heart and lights. Chop half the liver, into medium sized pieces. Chop the remainder and the heart and lights finely, mix all together, add the oatmeal, onions, salt, pepper, nutmeg, lemon-juice, and stock. Turn these ingredients into the paunch, sew up the opening, taking care that sufficient space is left for the oatmeal to swell: if the paunch be over-full, there is a possibility of its bursting. Put the haggis into boiling water, and cook gently for about 3 hours; during the first hour it should be occasionally pricked with a needle, to allow the air to escape. As a rule, neither sauce nor gravy is served with a haggis. When a small dish is required, a lamb's paunch and pluck may be substituted for those of the sheep's.

TIME.—To boil the haggis, 3 hours. COST, *2s.* *9d.* to *3s.* *9d.* SUFFICIENT for 9 persons.

SHEEP'S BRAINS WITH PARSLEY SAUCE.

INGREDIENTS.—6 sheep's brains, 1 pint of white stock, 2 oz of butter, 1½ oz. of flour, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, ½ a small onion, 1 small carrot, 1 bay-leaf, salt and pepper.

METHOD.—Soak the brains in salt and water for 2 hours, then remove the skin and fibres, cover them with boiling water, and boil for 3 minutes. Replace the brains in fresh cold water, let them remain until cold, then put them into the boiling stock, add the onion and carrot sliced, bay-leaf, salt and pepper to taste, and simmer gently for 20 minutes. Meanwhile, melt the butter in a stewpan, add the flour, and cook these for 3 or 4 minutes without browning. Drain the brains, and strain the stock on to the flour and butter, stir until boiling, simmer for 10 minutes, add the lemon-juice and seasoning to taste. Re-heat the brains in the sauce, and just before serving add the lemon-juice.

TIME.—About ½ an hour after the brains are blanched. COST, *2s.* SUFFICIENT for 6 persons.

SHEEP'S HEART.

INGREDIENTS.—1 sheep's heart, veal forcemeat, dripping for basting.

METHOD.—Soak the heart for 1 hour in warm water. Cut off the deaf ears, any cartilage or gristle there may be, and the muscular wall dividing the cavities of the heart, and boil them down for gravy. Dry the heart thoroughly, fill the inside with forcemeat, and tie a greased paper round the base to keep in the forcemeat. Heat 2 or 3 oz. of dripping in a baking-tin, baste the heart well, and bake in a moderate oven for about 1½ hours. Gentle cooking and frequent basting are necessary to prevent the heart becoming dry and hard. When done, drain off the fat, but leave the sediment, pour in the prepared gravy, boil up, season to taste, and either pour over the heart or serve separately. The excellence of this dish depends mainly on its being served as hot as possible.

TIME.—To bake, about 1½ hours. AVERAGE COST, *9d.* to *1s.* SUFFICIENT for 2 persons.

Note.—Sheep's hearts may also be stuffed with sage and onion stuffing (*see* Bullock's Heart); if more convenient, they may be cooked in an iron saucepan over or by the side of the fire, care being taken to baste them liberally with dripping at short intervals.

SHEEP'S TONGUES, BRAISED.

INGREDIENTS.—4 sheep's tongues, ¾ pint of brown sauce, glaze. For the mirepoix or foundation, oz. of butter, 1 or 2 slices of bacon, 1 onion, 1 carrot, ½ a turnip, 1 or 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, ½ a pint of stock.

METHOD.—Soak the tongues in salt and water for 2 hours, blanch and fry them thoroughly. Slice the vegetables, put them into a stewpan with the butter, bouquet-garni and peppercorns, lay the tongues on the top, put on the lid, and cook gently for 20 minutes. Then add hot stock to nearly cover the vegetables, lay the bacon on the top of the tongues, cover with a greased paper, put on the lid, and cook gently for 2½ hours, or until the tongues are tender. When ready, skin them, slit them in halves lengthwise, brush over with warm glaze, place them on a buttered paper on a baking-sheet, and put them into a moderate oven for a few minutes to reheat. Dish in 2 rows on a bed of mashed potato, or a purée of spinach, pour a little hot sauce round, and serve the remainder in a sauceboat.

TIME.—About 3 hours. AVERAGE COST, 1*s.* 10*d.* to 2*s.* 2*d.* SUFFICIENT for 5 or 6 persons.

SHEEP'S TONGUES, FRIED.

INGREDIENTS.—4 sheep's tongues, ½ pint of tomato or piquante sauce, 3 oz. of butter, breadcrumbs, mirepoix of vegetables, as in preceding recipe.

METHOD.—Braise the tongues as directed in the preceding recipe. Warm the butter, dip each half tongue in it, and coat these with breadcrumbs, pressing them firmly on with a knife. Turn the butter into a sauté-pan, and fry the tongues until the entire surface is lightly browned. Dish on a bed of spinach and serve the sauce round the base of the dish.

TIME.—About 3 hours. AVERAGE COST, 4*d.* each. SUFFICIENT for 5 or 6 persons.

SHEEP'S TROTTERS, STEWED.

INGREDIENTS.—2 gangs (8) of dressed trotters, 1 small onion, 1 tablespoonful of flour, milk, salt and pepper.

METHOD.—Wash the trotters, put them into a stewpan, cover them with milk and water in equal proportions, add the onion sliced, season with salt and pepper, cover and cook gently for about 3 hours, or until the bones may be easily removed. Take away the bones, strain the liquor if necessary, add milk to increase the quantity to ¾ pint, return it to the stewpan, and re-heat. Mix the flour smoothly with a little milk, pour it into the stewpan, stir until boiling, simmer for 10 minutes, and season to taste. Replace the trotters, and when thoroughly hot, serve.

TIME.—From 3 to 3½ hours. AVERAGE COST, 1*s.* 2*d.* to 1*s.* 6*d.* SUFFICIENT for 2 or 3 persons.

Note.—Sheep's trotters may also be boiled in stock or water until the bones are easily removed, and afterwards marinaded and fried in batter. Or they may be stuffed with sausage meat or veal forcemeat, and either coated with egg and breadcrumbs, or dipped into batter and fried in hot fat. (*See* recipes for cooking calf's feet and cow-heel).

SHEPHERD'S PIE.

INGREDIENTS.—½ lb. of cold mutton, 1 lb. of mashed potato, 1 oz. of butter or dripping, ½ pint of gravy or stock, 1 teaspoonful of parboiled and finely-chopped onion, salt and pepper.

METHOD.—Cut the meat into small thin slices, or mince it rather coarsely. Melt half the butter or fat in a stewpan, add to it the potato, salt and pepper, and stir over the fire until thoroughly mixed. Grease a piedish, line the bottom thinly with potato, put in the meat, sprinkle each layer with onion, salt and pepper, pour in the gravy, and cover with potato. The potato

covering may be given a rough appearance by scoring it in every direction with a fork, or it may be made to resemble an ordinary crust by being smoothed over with a knife, notched at the edges and brushed over with the yolk of egg before baking. When egg is not used for this purpose, the remainder of the butter or fat must be put on the top of the pie in small pieces. Bake in a moderate oven until the surface is well browned.

TIME.—To bake, from 30 to 40 minutes. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 3 or 4 persons.

SQUAB PIE.

INGREDIENTS.—2 lb. of neck of mutton 2 lb. of apples sliced, 1 lb. of onions sliced, 1 tablespoonful of mushroom ketchup, sugar, salt and pepper.

METHOD.—Divide the neck into cutlets, place them in a piedish, and season rather well with salt and pepper. Add the apples and onions in layers, sprinkle with sugar, and half fill the dish with boiling water. Bake in the oven for about 1½ hours. Before serving pour the gravy out at the side, skim off all the fat, add the mushroom ketchup, season to taste and return to the pie. Serve hot.

TIME.—2 hours. AVERAGE COST, 2*s.* 3*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

TO DRESS A SHEEP'S HEAD.

INGREDIENTS.—1 sheep's head, sufficient water to cover it, 3 carrots, 3 turnips, 2 or 3 parsnips, 3 onions, a small bunch of parsley, 1 teaspoonful of pepper, 3 teaspoonfuls of salt, ¼ lb. of Scotch oatmeal.

METHOD.—Clean the head well, and let it soak in warm water for two hours, to get rid of the blood; put it into a saucepan, with sufficient cold water to cover it, and, when it boils, add the vegetables, peeled and sliced, and the remaining ingredients; before adding the oatmeal, mix it to a smooth batter with a little of the liquor. Keep stirring till it boils up; then shut the saucepan closely, and let it stew gently for 1½ or 2 hours. It may be thickened with rice or barley, but oatmeal is preferable.

TIME.—1½ or 2 hours. AVERAGE COST, 6*d.* each. SUFFICIENT for 3 persons. SEASONABLE at any time.

RECIPES FOR COOKING PORK

BACON, BOILED.

INGREDIENTS.—Bacon, water.

METHOD.—As bacon is frequently excessively salt, let it be soaked in warm water for an hour or two previous to dressing it; then pare off the rusty parts and scrape the underside and rind as clean as possible. Put it into a saucepan of cold water, let it come gradually to a boil, and as fast as the scum rises to the surface of the water, remove it. Let it simmer very gently until it is thoroughly done; then take it up, strip off the skin, and sprinkle over the bacon a few bread-raspings and garnish with tufts of cauliflower or Brussels sprouts. When served alone, young and tender broad beans or green peas are the usual accompaniments.

TIME.—1 lb. of bacon, ¾ hour; 2 lb., 1½ hours. AVERAGE COST, 10*d.* to 1*s.* per lb. for the prime parts.

BOLOGNA SAUSAGES, IMITATION.

INGREDIENTS.—2 lb. of lean beef, 2 lb. of lean pork, 1 lb. of finely-chopped suet, powdered thyme, mace, pepper, fat bacon cut into strips, ox-skins, brine.

METHOD.—Simmer the meat very gently in water until tender, then chop it finely, or pass it 2 or 3 times through a mincing machine. Pound it and the suet until smooth, and season highly with pepper, and more sparingly with mace and thyme. Press the mixture into the prepared ox-skins, and in filling them intersperse strips of bacon. Tie the skins in 8 or 9-inch lengths, let them remain in brine for 9 or 10 days, then hang them in the smoke from a peat fire. They may be kept for a considerable time in a cool, dry place. Serve cut in thin slices.

TIME.—To cure 8 or 9 days. To smoke, at least 3 weeks. AVERAGE COST, 10*d.* to 11*d.* per lb.

HAM, BOILED.

INGREDIENTS. — Ham, water, glaze or raspings.

METHOD.—In choosing a ham, ascertain that it is perfectly sweet, by running a sharp knife into it close to the bone; if, when the knife is withdrawn, it has an agreeable smell, the ham is good; but, on the contrary, should the blade have a greasy appearance and offensive smell, the ham is bad. If it has been long hung, and it is very dry and salt, let it remain in soak for 24 hours, changing the water frequently. This length of time is only necessary in the case of the ham being very hard; from 8 to 12 hours would be sufficient for a Yorkshire or Westmoreland ham. Wash it thoroughly clean and trim away from the under side all the rusty and smoked parts, which would spoil the appearance. Put it into a boiling pot, with sufficient cold water to cover it, bring it gradually to boil, and carefully remove the scum as it rises. Keep it simmering very gently until tender, and be careful that it does not stop boiling nor boil too quickly. When done take it out of the pot, strip off the skin, sprinkle over it a few bread-raspings, put a frill of cut paper round the knuckle, and serve. If to be eaten cold, let the ham remain in the water until nearly cold; by this method the juices are kept in, and it will be found

infinitely superior to one taken out of the water hot. When the skin is removed sprinkle over bread-raspings, or glaze it.

TIME.—A ham weighing to 10 lb., 4 hours to simmer gently; 15 lb., 5 hours; a very large one about 6 hours. AVERAGE COST, from 1s. per lb., by the whole ham.

HAM, POTTED.

INGREDIENTS.—To 2 lb. of lean ham allow ½ lb. of fat, ¼ of a teaspoonful of ground mace, ¼ of a teaspoonful of nutmeg, ¼ of a teaspoonful of pepper, ½ of a teaspoonful of cayenne, clarified butter.

METHOD.—Pass the ham 2 or 3 times through a mincing machine, or chop it finely, pound it well in a mortar with the seasoning, and rub it through a fine sieve. Put it into a buttered piedish, cover with a buttered paper, and bake in a moderate oven for about ¾ of an hour. When done, press into small pots, and as soon as it is quite cold cover with clarified butter.

TIME.—To bake, about ¾ of an hour. AVERAGE COST, 2s. 3d. to 2s. 9d.

HAM, TO BAKE.

INGREDIENTS.—Ham, a common crust.

METHOD.—As a ham for baking should be well soaked, let it remain in water for at least 12 hours. Wipe it dry, trim away any rusty places underneath, and cover it with a common crust, taking care that this is of sufficient thickness all over to keep in the gravy. Place the ham in a moderately heated oven, and bake for nearly 4 hours. Take off the crust, and skin, and cover with raspings, the same as for boiled ham, and garnish the knuckle with a paper frill.

HAMS, TO CURE.

INGREDIENTS.—For 2 hams, weighing each about 16 or 18 lb., allow 1 lb. of moist sugar, 1 lb. of common salt, 2 oz. of saltpetre, 1 quart of good vinegar.

METHOD.—As soon as the pig is cold enough to be cut up, take the 2 hams, rub them well with common salt, and leave them in a large pan for 3 days. When the salt has drawn out all the blood, drain the hams and throw the brine away. Mix sugar, salt, and saltpetre together in the above proportion, rub the hams well with these, and put them into a vessel large enough to hold them, always keeping the salt over them. Let them remain for 3 days, then pour over them 1 quart of good vinegar. Turn them in the brine every day for a month, then drain them well, and rub them with bran. Have them smoked over a wood fire, and be particular that the hams are hung as high as possible from the fire; otherwise the fat will melt and they will become dry and hard.

TIME.—To be pickled, 1 month; to be smoked, 1 month. SUFFICIENT for 2 hams of 18 lb. each.

LIVER, SAVOURY.

INGREDIENTS.—1 lb. of pig's liver, 1 lb. of potatoes, ½ lb. of onions, ¼ teaspoonful of powdered sage, 1 teaspoonful of salt, ½ a teaspoonful of pepper, ½ pint of water, apple sauce.

METHOD.—Wash and dry the liver, cut it into rather thick slices, cut the onions into small dice, and slice the potatoes. Place a layer of potato at the bottom of a greased piedish, cover with slices of liver, add a good sprinkling of onion, and season well with salt and pepper. Repeat until all the materials are used, letting potato form the top layer. Pour in the water, cover with a greased paper, and bake slowly for 2 hours. Towards the end, remove the paper to allow the potatoes to brown. Serve with apple sauce.

TIME.—About 2 hours. AVERAGE COST, 10d. to 1s., exclusive of the apple sauce. SUFFICIENT for 5 or 6 persons.

PIG'S CHEEK.

INGREDIENTS.—A pig's cheek, brown breadcrumbs.

METHOD.—If the cheek has been cured and dried, soak it for 5 or 6 hours; if freshly pickled, simply wash it in 2 or 3 waters. Cover with warm water, bring to the boil and simmer gently for 2½ hours. Strip off the skin, cover rather thickly with lightly-browned breadcrumbs, and bake in the oven for ½ an hour. Serve either hot or cold.

TIME.—To cook, 3 hours. AVERAGE COST, 8*d.* per lb. SEASONABLE in winter.

PIG'S EARS.

INGREDIENTS.—4 pig's ears, 4 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of finely-chopped veal, 2 tablespoonfuls of finely-chopped suet, 1 teaspoonful of finely chopped parsley, ½ a teaspoonful of essence of anchovy, 1 egg, salt and pepper, ½ pint of brown sauce, ¼ pint of stock, frying-fat.

METHOD.—Soak the ears for 5 or 6 hours, then cover with stock or water, and simmer gently for 1½ hours. Mix the breadcrumbs, veal, suet, parsley, anchovy essence, and a good seasoning of salt and pepper together, and slightly moisten with beaten egg. Raise the skin of the upper side of the ear, press the forcemeat lightly in, and secure the opening. Fry in hot fat until lightly browned, then drain off the fat, add the stock, cover closely, and cook either on the stove or in the oven for ½ an hour. Drain well, and serve with the sauce poured over them.

TIME.—About 2 hours. AVERAGE COST uncertain. SUFFICIENT for 2 or 3 persons. SEASONABLE in winter.

PIG'S FEET AND EARS FRICASSEED.

INGREDIENTS.—4 pig's feet, 2 pig's ears, a slice of onion, a small blade of mace, a thin strip of lemon-rind, white stock or milk. For the sauce: 2 oz. of butter, 1½ oz. of flour, ¾ pint of white stock, salt and pepper.

METHOD.—Wash the feet and ears, cover them with white stock or milk, add the onion, mace, lemon-rind, and salt and pepper to taste. Simmer until tender, then cut the feet into neat pieces, and the ears into strips. Heat the butter in a stewpan, add the flour, stir and cook slowly for 5 or 6 minutes, then add the stock or liquor in which the feet and ears are cooked. Boil up, season to taste, simmer gently for 10 minutes, then put in the prepared feet and ears, and when thoroughly hot, serve.

TIME.—About 2½ hours. AVERAGE COST, uncertain. SUFFICIENT for 3 or 4 persons.

PIG'S FEET, STUFFED.

INGREDIENTS.—4 pig's feet, 1 tablespoonful of flour, 1 egg, breadcrumbs. For the stuffing: 2 tablespoonfuls of cooked and finely-chopped onion, 1 small tablespoonful of breadcrumbs, ½ a teaspoonful of powdered sage, 1 teaspoonful of oiled butter, ½ a teaspoonful of made mustard, ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper.

METHOD.—Put the feet into a stewpan with a teaspoonful of salt, cover with cold water, and boil gently for about 3 hours. When done, split the feet, remove the bones, and press the forcemeat made of the above ingredients into the cavities. Replace the halves together, and press between 2 dishes with a heavy weight on the top until cold. When ready for use, cut the feet into slices about 1 inch in thickness, roll each piece in flour, brush over with egg, coat with breadcrumbs, and fry until nicely browned in hot fat. Or, if preferred, fry them in a little hot butter in a sauté-pan. Garnish with fried parsley before serving.

TIME.—5 or 6 hours. AVERAGE COST, 1*s.* to 1*s.* 6*d.* SUFFICIENT for 5 or 6 persons.

1. Salmon Cutlets. 2. Fried Oysters. 3. Skate with Butter.

1. Boiled Cod. 2. Whitebait. 3. Haddock in Rice Border.

PIG'S FRY.

INGREDIENTS. — A pig's fry, which consists of the heart, lights, liver, and sweetbread, frying-fat, flour, salt and pepper, sage.

METHOD.—Wash the fry well, cover it with water, add a little salt, and cook gently for ½ an hour. Drain and dry well, cut into thin slices, and coat them lightly with flour seasoned with salt, pepper, and a little sage. Fry in hot fat until nicely browned, then remove and keep hot. Sprinkle a little flour on the bottom of the frying-pan, let it brown, then pour in a little boiling water, and add seasoning to taste. Boil up, strain, and serve round the fry, or separately.

TIME.—From 1 to 1½ hours. AVERAGE COST, *6d.* to *7d* per lb. ALLOW 1 lb. for 4 or 5 persons. SEASONABLE in winter.

PIG'S HEAD, BOILED.

INGREDIENTS.—A pig's head, 1 lb. of common salt, 1 oz. of saltpetre, pease pudding.

METHOD.—Scald and cleanse the head thoroughly, removing the hair, eyes, snout, and brains. Soak in strong salt and water for 24 hours, changing the water 2 or 3 times, then drain and dry well. Mix the salt and saltpetre together, rub it well into every part of the head, and repeat this process daily for 5 or 6 days. Drain the head from the brine, place it in a stewpan containing sufficient warm water to cover it, bring to the boil, and skim well. Simmer gently for 3½ hours, then serve with the pease pudding.

TIME.—To cook, about 3½ hours. AVERAGE COST, *7d.* to *8d.* per lb. SUFFICIENT for 7 or 8 persons. SEASONABLE in winter.

PIG'S HEAD, COLLARED.

INGREDIENTS.—A pig's head, 1 lb. of common salt, 1 oz. of saltpetre, cayenne, salt and pepper.

METHOD.—Scald and cleanse the head thoroughly, removing the hair, eyes, snout and brains. Soak in strong salt and water for 24 hours, changing the water 2 or 3 times, then drain and dry well. Mix the salt and saltpetre together, rub it well into the head and repeat the process daily for 5 or 6 days, then drain well. Boil it gently for 3 hours, then drain from the liquor and remove the bones, flatten the head as much as possible, sprinkle it liberally with pepper and cayenne, and roll up tightly. Put the roll into a cloth, and bind securely. Replace it in the stewpan, boil gently for 2 hours longer, and press until cold.

TIME.—About 4 hours. AVERAGE COST, *7d.* to *8d.* per lb. SEASONABLE in winter.

PIG'S KIDNEYS, BROILED.

INGREDIENTS. — Pig's kidneys, salt and pepper, powdered sage, salad-oil, maître d'hôtel sauce, or parsley butter.

METHOD.—Split the kidneys lengthwise, remove the skin, and pass a skewer through them to keep them flat. Brush over with salad-oil, sprinkle with sage, salt and pepper, and broil over a clear fire, cooking the cut side first. Place a small pat of maître d'hôtel butter in the centre of each half, and serve as hot as possible.

TIME —5 to 7 minutes according to size. AVERAGE COST, *4d.* to *6d.* each.

PIG'S PETTITOES, STEWED.

INGREDIENTS. — 8 sucking-pigs' feet, the heart and liver of the pig. 1 oz. of butter, 1 tablespoonful of flour, 1 tablespoonful of cream, 6 peppercorns, a small blade of mace, salt and pepper, stock.

METHOD.—Wash the liver, heart, and pettitoes, cover with stock, add the peppercorns and mace, and simmer gently for 20 minutes. Take out the heart and liver, and chop them finely, the pettitoes being meanwhile allowed to cook slowly until quite tender. Heat the butter in a stewpan, add the flour, stir and

cook gently for 5 minutes, then strain and add ½ pint of stock. Stir until boiling, season to taste, put in the mince and pettitoes, make thoroughly hot, and stir in the cream. Serve the mince on a hot dish with the feet halved and laid on the top of it.

TIME.—About 45 minutes. AVERAGE COST, uncertain, being seldom sold separately. SUFFICIENT for 2 or 3 persons. SEASONABLE in winter.

PIGS' TONGUES.

INGREDIENTS.—8 or 9 pigs' tongues. For the pickle; 4 oz. of common salt, 2 oz. of bay-salt, 1 oz. of moist sugar, ½ oz. of salt petre.

METHOD.—Trim the roots of the tongues, rub them well with salt and let them lie for 24 hours. Mix the above ingredients together, rub the mixture well into the tongues, and repeat this process daily for 9 or 10 days. When ready, the tongues should be well washed, and cooked according to directions given for dressing sheeps' tongues.

TIME.—To pickle, 9 or 10 days. AVERAGE COST, uncertain, being seldom sold separately.

PORK AND BEANS.

INGREDIENTS.—A shoulder of young pork pickled, 1 onion, 1 carrot, ¼ of a turnip, 10 peppercorns, broad beans, parsley sauce.

METHOD.—Put the pork into a stewpan, containing sufficient warm water to cover it, bring to the boil, add the vegetables and peppercorns, and boil gently for about 2 hours. Half an hour before the pork will be ready throw the beans into salted boiling water, boil gently from 25 to 30 minutes, then drain well, and pour over them the parsley sauce. Serve the pork and beans on separate dishes.

TIME.—From 2 to 2½ hours, according to size. COST, 10*d.* per lb. SUFFICIENT for 6 persons.

PORK, BAKED.

INGREDIENTS.—Leg or loin of pork, 2 onions, 2 carrots, 1 small turnip, 2 strips of celery, 2 dozen button onions, 1 teaspoonful of mixed herbs, 1 oz. of butter, 2 or 3 oz. of dripping, ½ pint of gravy, apple sauce, salt and pepper.

METHOD.—Score the pork in narrow lines. Slice all the vegetables except the button onions, place them in a baking-tin, sprinkle with salt and pepper, and add the herbs and dripping. Lay the meat on the top, and cook in a moderate oven, basting frequently. Half an hour before serving, peel the small onions, and fry them brown in hot butter. Serve the meat on a hot dish, garnish with the onions, and send the gravy to table in a sauce-boat. If necessary, the gravy can be made from the sediment in the meat tin.

TIME.—Allow 20 minutes to each lb. AVERAGE COST, 9*d.* to 10*d.* per lb. SEASONABLE in the winter.

PORK, BOILED, AND PEASE PUDDING.

INGREDIENTS.—Leg or other joint of salted or pickled pork, 1 good cabbage, 6 parsnips, 1 onion, 1 carrot, ¼ a turnip, 1 strip of celery, 12 peppercorns. For the pudding: 1 quart of split peas, 1 oz. of butter, 2 yolks of eggs, salt and pepper.

METHOD.—Soak the peas for 12 hours. Place the pork in a boiling pot, cover it with warm water, unless very salt, in which case use cold water. Bring to the boil, skim well, boil for 10 minutes, add the onion, carrot, turnip, and celery, all cut into thick slices, put in the peppercorns, and simmer gently until done. Boil the parsnips and cabbage separately; divide the former lengthwise into 4 pieces, and press the latter well, season it with pepper, and cut it into small squares. Serve the pork in a hot dish, garnished with the

parsnips and cabbage. The liquor in which pork is cooked may be converted into good pea-soup.

There are two methods of making the pease pudding. By the first method, the peas are drained from the water in which they are soaked, tied in a cloth, and cooked for about 1½ hours in the boiling-pot with the pork. They are then rubbed through a fine sieve, mixed with the butter and yolks of eggs, seasoned with salt and pepper, replaced in the cloth, and boiled with the pork for about 40 minutes longer. The second method is probably the better one. After being drained from the water in which they were soaked, the peas are placed, with a dessertspoonful of salt, in a stewpan, which they about half fill, and covered with cold water, which must be replaced as it boils away. Cook the peas gently for about 2 hours, or till they are quite soft, then rub them through a fine sieve, add the butter, yolks of eggs, and season to taste. Press the purée into a well-buttered mould or basin, and either steam or bake for about 40 minutes.

TIME.—Allow 25 minutes to each lb. of pork. AVERAGE COST, the pork 9*d.* per lb; the pudding 9*d.*

PORK CHEESE.

INGREDIENTS.—1 lb. of cold roast pork, 1 dessertspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered sage, ¼ of a teaspoonful of mixed herbs, ½ a teaspoonful of grated lemon-rind, ¼ of a teaspoonful of grated nutmeg, salt and pepper, ½ pint of gravy or stock, sufficiently strong to form a jelly when cold.

METHOD.—Cut the meat into dice, using more or less of the fat, according to taste. Add to it the parsley, sage, herbs, lemon-rind, nutmeg, and a liberal seasoning of salt and pepper, and mix well together. Press tightly into a mould, fill up with gravy, and bake about 1½ hours in a moderate oven. When cold, turn out of the mould and garnish with parsley.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 3*d.*, in addition to the stock. SUFFICIENT for 5 persons.

PORK CUTLETS, GRILLED.

INGREDIENTS.—7 or 8 lean cutlets cut from the best end of the neck, 2½ oz. of butter, 1 oz. of flour, ½ pint of gravy or stock, 2 tablespoonfuls of chopped gherkins, 1 tablespoonful of vinegar, salt and pepper.

METHOD.—Trim off nearly all the fat, and make the cutlets a good uniform shape. Season both sides of them with salt and pepper, dip them in warm butter, coat carefully with breadcrumbs, and grill over a clear fire for 20 minutes, turning them 3 or 4 times. Pour the remainder of the butter into a small stewpan, add the flour, stir over the fire for 2 or 3 minutes, put in the gravy and vinegar, boil up, season to taste, and add the gherkins. Arrange the cutlets in a close circle on a hot dish, pour the sauce round, and serve.

TIME.—20 minutes, to grill the cutlets. AVERAGE COST, 10*d.* per lb. SUFFICIENT for 5 or 6 persons.

PORK CUTLETS, HASH OF.

INGREDIENTS.—The remains of cold loin of pork; to 6 or 7 cutlets allow 1 medium-sized Spanish onion coarsely chopped, 1 oz. of butter, 1 dessertspoonful of flour, 1 teaspoonful of vinegar, 1 teaspoonful of made mustard, ½ of a pint of good gravy, salt and pepper.

METHOD.—Divide the loin into neat cutlets, and trim away the greater part of the fat. Melt the butter in a sauté or frying-pan, put in the cutlets, fry them until both sides are lightly browned, then remove and keep hot. Add the onions to the butter in the pan, fry until they acquire a good brown colour, sprinkle in the flour, season with salt and pepper, and cook for

a few minutes longer to lightly brown the flour. Now add the stock, vinegar, and mustard, boil up, and pour the mixture over the cutlets, which must be previously arranged in a close circle on a hot dish.

TIME.—About 5 minutes, to fry the cutlets. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 9*d.* SUFFICIENT for 6 or 7 persons.

PORK CUTLETS OR CHOPS.

INGREDIENTS.—6 or 7 small lean chops, 1½ oz. of butter, 1 large onion cut into dice, 2 sheets of gelatine, a few drops of liquid caramel, salt and pepper, tomato or apple sauce.

METHOD.—Trim the chops into a good shape, and remove the greater part of the fat. Put any bones, lean trimmings, and the onion into a stewpan with barely sufficient water to cover them, and boil gently for at least 1 hour. Heat the butter in a sauté or frying-pan, and fry the chops slowly, to cook them thoroughly. In the meantime, strain the gravy, skim off the fat, rub the onion through a fine sieve, replace in the stewpan with the gelatine, which is intended to give it consistency, but when convenient may be replaced with glaze, which improves the flavour. Season to taste, and brighten the colour by adding a few drops of liquid caramel. Arrange the cutlets in a close circle on a potato border, pour the sauce (which must be thick enough to coat the cutlets) over them, and serve the tomato or apple sauce separately.

TIME.—To fry the chops, from 15 to 20 minutes. AVERAGE COST, 10*d.* per lb. SUFFICIENT for 3 or 4 persons.

PORK CUTLETS WITH SOUBISE SAUCE.

INGREDIENTS.—8 or 9 cutlets from the best end of the neck, ½ pint of thick Soubise sauce, ½ pint of demiglace sauce, marinade as in preceding recipe, salt and pepper.

METHOD.—Prepare and marinade the cutlets as directed in the preceding recipe, and either grill them from 15 to 18 minutes over a clear fire or fry them for the same length of time in hot butter, in a sauté or frying-pan. Dish them in a circle, serve the soubise sauce in the centre, and pour the demiglace sauce round the base of the dish.

TIME.—To fry or grill, about 20 minutes. AVERAGE COST, 10*d.* per lb. SUFFICIENT for 6 or 7 persons.

PORK, HASHED.

INGREDIENTS.—1 lb. of either cold roast or boiled pork, 1½ oz. of butter, 1 dessertspoonful of Worcester sauce, 1 dessertspoonful of ketchup, 1 small teaspoonful of made mustard, ½ a teaspoonful of lemon-juice, cayenne, salt and pepper.

METHOD.—Cut the meat into small slices, and sprinkle them with salt and a very little cayenne. Put the butter, Worcester sauce, ketchup, lemon-juice, and mustard into a stewpan, and when quite hot add the slices of meat, and allow them to remain for 15 or 20 minutes to become thoroughly impregnated with the flavour of the sauce. Shake the stewpan or stir the contents occasionally, but on no account allow the sauce to boil.

TIME.—About 20 minutes. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 4 or 5 persons.

PORK, LEG OF, ROASTED.

INGREDIENTS.—A leg of pork, sage and onion stuffing, salad-oil, ½ pint of gravy, dripping for basting, apple sauce.

METHOD.—Remove the bones down to the knuckle bone, break them into smaller pieces, and simmer them for gravy. Make the forcemeat as directed, press it lightly inside the leg, and secure the opening. Score the skin in narrow

strips, brush over with salad-oil, and either roast it before a clear fire or bake it in a moderate oven. Serve the gravy and apple sauce in sauceboats.

TIME.—Allow 25 minutes to each lb. of meat. AVERAGE COST, 9*d.* per lb.

PORK, LOIN OF, BAKED.

INGREDIENTS.—3 or 4 lb. of loin of pork, 18 potatoes, 8 apples, 6 onions all peeled and quartered, salad-oil, gravy.

METHOD.—Score the skin in narrow lines, and brush it over with salad-oil. Bake in a moderately hot oven for 40 minutes, then put the potatoes, apples, and onions into the tin containing the meat, and continue to cook gently from 1¼ to 1½ hours longer. When ready, arrange the vegetables and apples on a hot dish, place the meat in the centre, and serve the gravy separately.

TIME.—From 2 to 2½ hours. AVERAGE COST, 9*d.* to 10*d.* per lb. SUFFICIENT for 6 or 7 persons. SEASONABLE during the winter months.

PORK, MINCED.

INGREDIENTS.—1 lb. of cold roast pork, 2 onions finely chopped, 2 apples coarsely chopped, 2 oz. of butter, 1 dessertspoonful of flour, 1 teaspoonful of lemon-juice, ½ pint of stock, dry mustard, salt and pepper.

METHOD.—Cut the meat into very small dice, and, unless gravy or good stock is at hand, boil the bones and trimmings for at least 1 hour, then strain and boil rapidly until reduced to ¾ pint. Melt the butter in a stewpan, fry the onion until lightly browned, then add the apple, and fry until tender, but not broken. Sprinkle in the flour, add a good pinch of mustard, stir and cook gently for 3 or 4 minutes, then add the stock, and stir until boiling. Season to taste, boil gently for 5 minutes, then put in the meat, add the lemon-juice, and allow the stewpan to stand for about ½ an hour where the contents will remain just below simmering point. Serve in a border of rice, or mashed potato, or garnished with sippets of toasted bread.

TIME.—To re-heat the meat, about ½ an hour. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 8*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE in winter.

PORK MOULD.

INGREDIENTS.—1 lb. of cold roast pork, 2 tablespoonfuls of mashed potato, 1 teaspoonful of parboiled and finely-chopped onion, about ¼ pint of sour cream or milk, salt and pepper, brown breadcrumbs, ½ pint of gravy.

METHOD.—Remove the skin and greater part of the fat from the meat, chop it finely, and add to it the onion and potato. Season highly with salt and pepper, and work in sufficient sour cream or milk to bind the mixture together. Coat a well-buttered mould or piedish ,thickly with brown breadcrumbs, put in the mixture, and bake for about ¾ of an hour in a moderate oven. The mixture may also be formed into small cakes, coated with egg and breadcrumbs, and fried. The gravy may be made from the bones and trimmings of the meat and should be served separately.

TIME.—To cook, about ¾ of an hour. SUFFICIENT for 2 or 3 persons.

PORK, PICKLED, TO BOIL.

INGREDIENTS.—Pork, water.

METHOD.—Should the pork be very salt, let it remain in water about 2 hours before it is dressed. Put it into a saucepan with sufficient cold water to cover it, let it gradually come to a boil, then gently simmer until quite tender. Allow ample time for it to cook, as nothing is more unwholesome than underdone pork, and, when boiled

fast, the meat becomes hard. This is sometimes served with boiled poultry and roast veal, instead of bacon; when tender, and not over salt, it will be found equally good.

TIME.—A piece of pickled pork weighing 2 lb., 1¼ hours; 4 lb. rather more than 2 hours. AVERAGE COST, 9*d.* per lb., for the prime parts.

PORK PIES, LITTLE RAISED.

INGREDIENTS.—2 lb. of lean pork, 1 lb. of household flour, 8 oz. of lard, ½ a teaspoonful of powdered sage, cayenne, pepper and salt, ¼ pint of water, 1 small onion.

METHOD.—Prepare the stock, meat, and paste in the usual manner as directed in the recipe for Veal and Ham Pie. Divide the paste into small pieces, raise in a round or oval form, and fill with meat. Sprinkle lightly with sage, moisten with stock, and put on the covers. Bake in a moderately hot oven for about 1 hour, then fill up with stock, and serve either hot or cold.

TIME.—To bake, about 1½ hours. AVERAGE COST, 2*s.* 3*d.* to 2*s.* 6*d.*

SAUSAGES, TO FRY.

INGREDIENTS.—Sausages, frying-fat.

METHOD.—Prick the sausages well with a fork, as this prevents the skins breaking. Put the sausages into a frying-pan containing a little hot fat, and fry gently, turning two or three times, so as to brown them equally. Serve on mashed potato or toasted bread.

TIME.—About 10 minutes. AVERAGE COST, 8*d.* to 10*d.* per lb.

SAUSAGES, TO MAKE.

INGREDIENTS.—1 lb. of pork, fat and lean, without skin or gristle; 1 lb. of lean veal, 1 lb. of beef suet, ½ lb. of breadcrumbs, the rind of ½ a lemon, some nutmeg, 6 sage leaves, 1 teaspoonful of savoury herbs, ½ a teaspoonful of marjoram.

METHOD.—Chop the pork, veal, and suet, finely together, add the breadcrumbs, lemon-peel (which should be well minced), and a grating of nutmeg. Wash and chop the sage leaves very finely; add these, with the remaining ingredients, to the sausage-meat, and when thoroughly mixed, either put the meat into skins, or form it into little cakes, which should be floured and fried.

AVERAGE COST.—For this quantity, 2*s.* 6*d.* SUFFICIENT for about 30 moderate-sized sausages.

SAVELOYS.

INGREDIENTS.—6 lb. pork, 1 lb. common salt, 1 oz. saltpetre, 3 teaspoonfuls pepper, 12 sage-leaves, 1 lb. breadcrumbs.

METHOD.—Salt the pork, after removing the skin and bone, using both the common salt and saltpetre, and let it remain in the pickle for three days, then mince it up very fine, and season it with pepper, and 12 sage-leaves, chopped as small as possible; add the grated bread, and mix all well together, fill the skins, and bake in a slow oven for ½ hour.

AVERAGE COST, 4*s.* 6*d.*

SAVOURY PUDDING.

INGREDIENTS.—½ lb. of stale bread, ¼ lb. of finely-chopped suet, 2 level tablespoonfuls of fine oatmeal, 2 large onions, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper, ½ a teaspoonful of powdered sage, ¼ teaspoonful of powdered mixed herbs, 2 eggs.

METHOD.—Soak the bread in cold water for ½ an hour, then drain away any unabsorbed liquor, squeeze from it as much moisture as possible, and beat out the lumps with a fork. Boil the onions in salt and water for 10 minutes then cut them into dice. Mix all the ingredients, adding the beaten eggs last. Melt as much dripping in a Yorkshire pudding tin as will form a very thin layer, put in the mixture, spread it

evenly with a knife, and bake for about 1 hour in a moderate oven. When done, cut into squares and serve with good gravy. This pudding may be served with pork, duck, or goose. In Yorkshire, this pudding, like the batter pudding that takes its name from the county, is served separately, and before the meat.

TIME.—To bake about 1 hour. AVERAGE COST, 10*d.* for this quantity. SUFFICIENT for 8 persons.

STUFFED PIG'S FEET.

INGREDIENTS.—4 pig's feet, 1 tablespoonful of flour, 1 egg, breadcrumbs. For the stuffing: 2 tablespoonfuls of cooked and finely chopped onion, 1 small tablespoonful of breadcrumbs, ½ a teaspoonful of powdered sage, 1 tablespoonful of oiled butter, ½ a teaspoonful of made mustard, ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper.

METHOD.—Put the feet into a stewpan with a teaspoonful of salt, cover with cold water, and boil gently for about 3 hours. When done, split the feet, remove the bones, and press the forcemeat made of the above ingredients into the cavities. Replace the halves together, and press between 2 dishes, with a heavy weight on the top, until cold. When ready to use, cut the feet into slices about 1 inch in thickness, roll each piece in flour, brush over with egg, coat with breadcrumbs, and fry until nicely browned in hot fat. Or, if preferred, fry them in a little hot butter in a sauté-pan. Garnish with fried parsley before serving.

TIME.—5 or 6 hours. AVERAGE COST, 1*s.* to 1*s.* 6*d.* SUFFICIENT for 5 or 6 persons.

SUCKING PIG, ROASTED.

INGREDIENTS.—A sucking pig, not more than 3 weeks old, butter, or salad-oil to baste with, onion forcemeat.

METHOD.—Make the forcemeat as directed, put it inside the pig, and close the opening by means of a trussing needle and string. Brush the entire surface of the pig with salad-oil or warmed butter, wrap it in several folds of well-oiled or well-greased paper, draw the legs well back, tie into shape, and either roast or bake it for 2½ or 3 hours, according to its size. It should be thoroughly well basted, and about ½ an hour before the time of serving the paper must be removed and the pig brushed over with thick cream or salad-oil to improve the colour, and crisp the surface. Before serving, cut off the head, and split the pig down the centre of the back; lay the two halves on a dish, divide the head, and place half at each end of the dish. The usual accompaniments are brown and apple sauces, and sometimes hot currants; the latter should be prepared the day before. To make them plump, they must be scalded, and afterwards thoroughly dried. Re-heat in the oven before serving.

TIME.—From 2½ to 3 hours. AVERAGE COST, from 6*s.* to 10*s.* 6*d.* SUFFICIENT for 8 or 9 persons.

RECIPES FOR COOKING VEAL.

BRAIN CAKES.

INGREDIENTS.—Calf's brains, 1 small onion sliced, 1 bay-leaf, 6 peppercorns, 2 or 3 eggs, breadcrumbs, frying-fat, salt and pepper, vinegar.

METHOD.—Wash the brains in salt and water, remove the skin and fibres, and let them remain in salt and water until wanted. When the calf's head is cooking they may be tied in muslin and boiled with it for about 20 minutes. When cooked separately, they must be put into a stewpan with as much water as will cover them, 1 teaspoonful of salt, 1 tablespoonful of vinegar, the slices of onions, peppercorns, and bay-leaf, and cooked gently for the same length of time or until firm. When cool, chop finely, season well with salt and pepper, and add as much beaten egg as is necessary to bind the ingredients together. Stir over the fire until the mixture thickens, and when cool form into small round cakes, coat them with egg and breadcrumbs, and fry until lightly browned in hot fat.

TIME.—1 hour altogether. AVERAGE COST, 5*d.* or 6*d.*, exclusive of the brains. SUFFICIENT to garnish 1 dish, or, when served as a separate dish, for 3 or 4 persons.

CALF'S BRAINS, FRIED.

INGREDIENTS.—1 or 2 calf's brains, vinegar, 1 small onion. For the batter: 2 oz. of flour, 1 tablespoonful of salad-oil, ½ gill of tepid water, the white of 1 egg, salt, frying-fat.

METHOD.—Remove the skin and fibres, wash the brains in several waters, put them into a stewpan with the onion (sliced), and a tablespoonful of vinegar, bring to the boil, and simmer gently for 10 minutes. Remove from the stewpan, strain, dry well, and cut the brains into rather thin slices. Add a little salt to the flour, mix smoothly with the salad-oil and water, whip the white of egg stiffly, and stir it lightly into the batter. Have ready a deep pan of hot frying-fat, dip each slice of brains into the batter, drop these into the hot fat, and fry them until lightly browned. Drain well, dish up, garnish with fried parsley, and serve hot.

TIME.—From 30 to 40 minutes. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 3 or 4 persons.

CALF'S FEET FRICASSÉE.

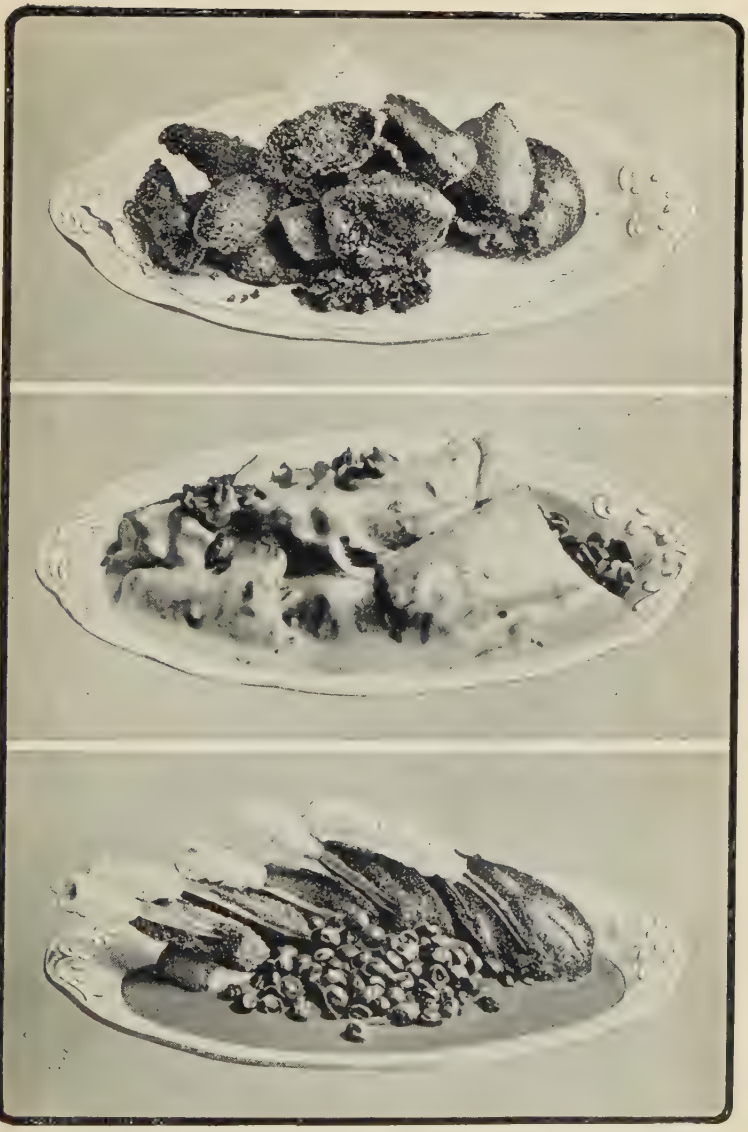
INGREDIENTS.—4 cooked calves' feet (those which have been boiled down for jelly may be used), 1 pint of white sauce, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, 2 tablespoonfuls of small dice of cooked ham or bacon, salt and pepper, nutmeg.

METHOD.—Remove all the bones, and cut the meat into pieces of equal size. Make the white sauce as directed, add to it the ham or bacon, the pieces of calves' feet, and let the stewpan stand by the side of the fire until the contents are thoroughly hot; then put in the parsley and lemon-juice, season to taste, and serve.

TIME.—10 to 15 minutes. AVERAGE COST, 1*s.* to 1*s.* 6*d.* SUFFICIENT for 6 to 8 persons.

CALF'S HEAD, BOILED.

INGREDIENTS.—A calf's head. For the stock: 1 or 2 onions, 1 or 2



1. Rabbit Cutlets. 2. Fricasse of Rabbit. 3. Mutton Cutlets with Peas.

1. Sweetbreads in Aspic Border. 2. Beef Galantine, or Roll. 3. Curried Beef.

carrots, 1 small turnip, 2 strips of celery, a bouquet garni, 12 peppercorns, salt. For the sauce: 1½ oz. of butter, 1½ oz. of flour, ½ pint of stock, ½ a pint of milk, lemon juice, 1 dessertspoonful of finely-chopped parsley, 1 egg, browned breadcrumbs.

METHOD.—Cut the head in half and take out the brains. Wash the head well, let it soak for 12 hours in salted water, changing it 2 or 3 times. Put the head into a saucepan with a handful of salt, cover with cold water, bring to the boil, then drain and wash well in cold water. Return to the saucepan, cover with cold water, boil, skim well, then add the vegetables, bouquet-garni, etc., and cook gently for about 2½ hours, or until the bones can be easily removed. Boil the tongue at the same time. The head may be served plainly boiled, but it presents a better appearance when it has been coated with egg and brown breadcrumbs, and baked for 20 minutes in the oven, being frequently basted during the time. The head must be rolled, and bound with string, and the bare parts under the string sprinkled with breadcrumbs before serving. To make the sauce, melt the butter and add the flour, and mix together without browning, add the milk and ½ pint of liquor from the pot, stir until boiling, and simmer gently for 10 minutes. Season to taste, add the parsley and a little lemon juice. The tongue should be skimmed and sliced. The brains should be well washed, soaked for a few hours in salt and water, tied loosely in muslin, and boiled about ½ an hour with the head. They may be put aside to be used later as an entrée, or served with the head.

TIME.—To cook, about 4 hours. AVERAGE COST, 5*s.* 6*d.* to 7*s.* 6*d.*

CALF'S HEAD FRICASSÉE.

INGREDIENTS.—½ a calf's head, 1 pint of the liquor in which the head was boiled, 1½ oz. of butter, 1½ oz. of flour, 2 tablespoonfuls of cream, the yolks of 2 eggs, the juice of 1 lemon, a good pinch of mace, salt and and pepper, rolls of fried bacon, forcemeat balls.

METHOD.—Prepare and boil the calf's head as directed in the recipe for "Calf's Head, Boiled" (the remains of a calf's head may be used), remove the bones, and cut the meat into pieces 1½ inches square. Melt the butter in a stewpan, add the flour and stir for a few minutes without browning, then add the stock, stir until it boils and simmer gently for 10 minutes. Add the mace, seasoning to taste, put in the pieces of meat, cover closely, and draw the stewpan to the side of the stove for about 20 minutes. Shape the forcemeat into small balls, and either fry or bake them until nicely browned. Place the rolls of bacon on a skewer and fry or bake them until crisp. Remove the pieces of meat from the sauce, and arrange them on a hot dish in a pile. Have ready the cream and yolks of eggs mixed lightly together, add these to the sauce, and stir by the side of the fire until they thicken, but the sauce must on no account be allowed to boil. Add the lemon-juice, season to taste, and strain over the meat. Garnish with the forcemeat balls and rolls of bacon, and serve.

TIME.—After the calf's head is boiled, nearly 1 hour. AVERAGE COST, 4*s.* to 5*s.* SUFFICIENT for 6 or 7 persons.

CALF'S HEAD PIE.

INGREDIENTS.—The remains of a calf's head, ½ lb. of raw ham or bacon, forcemeat balls, 2 hard-boiled eggs, ½ pint of stock in which the head was cooked, ¼ of a teaspoonful of mixed herbs, the grated rind of ½ a lemon, a pinch of ground mace, a pinch of grated nutmeg, salt and pepper, puff or rough puff paste.

METHOD.—Cut the meat into small thin slices, cut the ham or

bacon into narrow strips, cut the eggs into thin slices, mix the forcemeat rather stiffly with a little raw egg, and shape into small balls. Put a fairly thick layer of calf's head on the bottom of a piedish, cover with a thin layer of ham or bacon, add a few slices of egg and a good sprinkling of salt, pepper, herbs, mace, nutmeg, and lemon-rind. Repeat until the dish is full, add the stock, and cover with the pastry. Bake in a moderately hot oven for about 1 hour, when cooked pour in, through the hole on the top, a little hot jellied stock, and set aside until cold.

TIME.—To bake about 1 hour. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

CALF'S HEAD WITH MAÎTRE D'HÔTEL SAUCE.

INGREDIENTS.—The remains of a calf's head, 1 pint of white sauce, 1 tablespoonful of lemon-juice, 1 dessert-spoonful of finely-chopped parsley, salt and pepper.

METHOD.—Cut the meat into pieces convenient for serving. Make the sauce as directed, put in the pieces of calf's head, and let them become thoroughly hot, then add the parsley and lemon-juice, season to taste, and serve.

TIME.—15 minutes. AVERAGE COST, 6*d.*, exclusive of the calf's head.

CALF'S HEAD WITH TOMATO SAUCE.

INGREDIENTS.—Half a boned calf's head, ¼ pint of tomato sauce, 3 or 4 oz. of macaroni, salt and pepper.

METHOD.—Break the macaroni into pieces about ¾ inch long, put these into salted boiling water, and boil rapidly until tender. Cut the remains of the calf's head into slices convenient for serving; have the tomato sauce ready in a stewpan, add to it the macaroni and meat, season to taste, make thoroughly hot, and serve.

TIME.—About ½ an hour. AVERAGE COST, from 3*s.* 9*d.* to 4*s.* 9*d.*

CALF'S LIVER AND BACON.

INGREDIENTS.—1 lb. of calf's liver, ½ lb. of bacon, 1 oz. of butter, flour, salt and pepper.

METHOD.—Wash and dry the liver, and cut it into slices about ⅛ inch in thickness, add a good seasoning of salt and pepper to a dessertspoonful of flour, and dip the pieces of liver in the mixture. Heat the frying-pan, put in the bacon, cut into thin slices, fry slowly, remove to a HOT tin, and keep hot until wanted. Fry the liver in the bacon fat until nicely browned on both sides, then remove to a hot dish. Pour away the bacon fat, add the butter (the bacon fat may be used instead, when not disliked), sprinkle in about a tablespoonful of flour, stir and fry until brown. Add about ½ pint of warm water, stir until it boils, and season to taste. Arrange the pieces of liver in a close circle, strain the gravy over, place the slices of bacon on the top, and serve. If preferred, the gravy may be served separately in a tureen, and the rashers of bacon curled before frying, and piled in the centre of the liver.

TIME.—About 35 or 40 minutes. Average Cost, 1*s.* 4*d.* SUFFICIENT for 4 or 5 persons.

SWEETBREAD, FRIED.

INGREDIENTS.—1 calf's heart, sweetbread, 1 pint of white stock or water (when water is used, add a little onion, carrot, and turnip), 1 egg, breadcrumbs, 1 oz. of butter or frying-fat.

METHOD.—Blanch the sweetbread (*see* Sweetbreads, to Blanch), then put it into a stewpan with the stock, add seasoning if necessary, and simmer gently for 40 minutes. Press between two plates until cold, then cut into slices, brush over with egg, coat with breadcrumbs, and fry in the butter in a sauté-pan, or in a deep pan of hot fat, until lightly

browned. Drain well, and serve on a folded serviette or dish paper, garnished with fried parsley.

TIME.—1¼ hours, after the sweetbread is blanched. AVERAGE COST, 3*s.* 6*d.* SUFFICIENT for 2 or 3 persons.

SWEETBREADS, BRAISED.

INGREDIENTS.—A pair of calf's sweetbreads, ¾ pint of stock, 1 small onion, 1 small carrot, ½ a small turnip, 1 strip of celery, 6 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), glaze, 1 croûte of fried bread, ½ pint of good gravy, or tomato sauce.

METHOD.—Blanch the sweetbreads (*see* Sweetbreads, to Blanch), slice the vegetables, put them into a stewpan with the bouquet and peppercorns, nearly cover them with stock, adding more when required. Wrap the sweetbreads in a buttered paper, place them on the top of the vegetables, put on the lid, and cook gently for ¾ of an hour. In the meantime, cut a block (croûte) of bread to fit the dish, and not less than 2 inches in thickness. Fry in hot fat, drain well, place the sweetbreads on the top of the bread, brush them over with glaze, pour round the gravy or tomato sauce, and serve. If preferred, the dish may be garnished with little groups of green peas, haricots verts, or a macedoine (mixed garnish) of vegetables, either placed at the four corners or at intervals round the base of the croûte.

TIME.—About ¾ of an hour, after the sweetbreads are blanched. AVERAGE COST, 5*s.* to 7*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

SWEETBREADS IN ASPIC BORDER.

INGREDIENTS.—Cooked sweetbreads, chaud-froid sauce, aspic jelly, truffle, salad, mayonnaise sauce.

METHOD.—Blanch, cook, press, and trim the sweetbreads (see preceding recipes). Cut them into neat slices, mask with chaud-froid sauce, decorate with truffle and coat lightly with aspic jelly. Have ready a border mould of aspic jelly, arrange the escalopes neatly round, and fill the centre with salad moistened with mayonnaise. Garnish the base of the dish with tufts of lettuce and endive, and serve.

TIME.—One hour. AVERAGE COST, 5*s.* 6*d.* to 7*s.* 6*d.* SUFFICIENT for 5 or 6 persons.

SWEETBREAD MOULDED WITH ASPARAGUS.

INGREDIENTS.—Blanched sweetbread, blanched asparagus, chicken quenelle mixture, well-reduced Béchamel sauce, cooked tongue.

METHOD.—Decorate the bottom of a buttered mould with tongue and the sides with asparagus, mask the whole with a thick layer of quenelle mixture, fill the centre with large dice of sweetbread and shredded tongue, suitably seasoned, and moistened with Béchamel sauce, and cover with a layer of quenelle mixture. Steam very gently from 1¾ to 2 hours, and serve Béchamel sauce separately.

SWEETBREADS, TO BLANCH.

In whatever form the sweetbreads may be subsequently dressed, they must be first blanched, to render them white and firm. One hour's soaking, at least, in cold water, is necessary to free them from blood, and they may with advantage be allowed to remain longer. They should then be put into a stewpan, covered with cold water, and brought slowly to the boil, and after 2 or 3 minutes' gently cooking, may be either transferred to a basin of cold water and allowed to remain in it until cold, or well washed in cold water and pressed between two dishes until cold.

VEAL AND HAM PATTIES (Economical).

INGREDIENTS.—12 oz. of cooked veal, 4 oz. of either cooked or raw

ham, about ¼ pint of stock or water, the grated rind of 1 lemon, a good pinch of nutmeg, 1 level teaspoonful of salt, 1 level saltspoonful of pepper, puff paste, rough puff.

METHOD. — Cut the meat into small dice, add to it the salt, pepper, herbs, and moisten with the stock or water. Make the paste as directed, roll it out thinly, and stamp out with a cutter a little larger than the patty-pans as many rounds as possible, and put 12 aside to form the covers. Roll out the cuttings, stamp into rounds, place one in each patty-pan, fill with meat, moisten the edges with water, and put on the covers. Press the edges together, notch them at regular intervals, make a hole in the centre of the top, and decorate with leaves. Brush over with egg or milk, and bake for about 20 minutes in a moderately hot oven.

TIME.—20 minutes to bake. AVERAGE COST, 2*d.* each. SUFFICIENT for 12 large patties.

VEAL AND HAM PIE.

INGREDIENTS.—1½ lb. of lean veal (fillet or cushion part), ½ lb. of cooked ham, 2 or 3 hard-boiled eggs, about ½ a teaspoonful of mixed dried herbs, a teaspoonful of chopped parsley, a little stock or water, seasoning, puff or rough puff paste.

METHOD.—Cut the veal into neat slices, free from skin, also cut the ham into suitable slices. Arrange a layer of veal in a piedish, then a layer of ham, and next a layer of thin slices of hard-boiled egg. Season each layer with a very little salt and pepper, dried herbs, and parsley. Continue thus until the dish is quite full. Pour in about 1 gill of stock, or, failing this, water. Cover with paste in the usual manner, decorate the centre tastefully with paste leaves, brush over with egg, and bake in a moderate oven for about 2 hours.

TIME.—To make and cook, 2¾ hours. AVERAGE COST, 3*s.* SUFFICIENT for 7 or 8 persons.

VEAL CAKE.

INGREDIENTS. — 1 lb. of lean, uncooked veal, ½ lb. of bacon, 3 hard-boiled eggs, 1 teaspoonful of finely-chopped parsley, the grated rind of 1 lemon, salt and pepper, ¼ pint of stock (about).

METHOD.—Cut the veal and bacon into dice, cut the eggs into sections or slices, and arrange some of them in a pattern on the bottom of the buttered mould; mix the parsley, lemon-rind, flavourings, and seasonings together. Cover the bottom of the mould with a thick layer of veal, on the top of it place a thin layer of bacon, add a few slices of egg, and sprinkle well with seasoning. Repeat until the mould is full, pour in the warm stock, cover with a greased paper, place the mould in a tin containing water, and bake for about 3 hours in a slow oven. Add a little more hot stock as soon as the mould is taken out of the oven. When cold, turn out of the mould, garnish with tufts of parsley, and serve.

TIME.—To cook, about 3 hours. AVERAGE COST, about 2*s.* SUFFICIENT for 5 or 6 persons.

VEAL, CROQUETTES OF.

INGREDIENTS.—1 lb. of cold veal, 1 oz. of butter or dripping, ½ oz. of flour, ¼ pint of stock, the rind of ½ a lemon, grated, 1 teaspoonful of finely-chopped parsley, a good pinch of nutmeg, 1 egg, bread-crumbs, frying-fat, salt and pepper.

METHOD.—Chop the meat finely, and boil the bones and trimmings for the stock. Melt the fat or butter in a stewpan, add the flour, pour in the stock, and stir until it boils (this sauce is intended to bind the mixture, when more convenient an egg may be used instead), boil the sauce 2 or 3 minutes, then the meat, parsley, lemon-rind, nutmeg, salt and pepper to taste, and stir well over the fire. Turn on to

a plate, when cool form into cork-shaped pieces, brush over with beaten egg, coat well with bread-crumbs, and fry until nicely browned in hot fat.

TIME.—From 1½ to 2 hours. AVERAGE COST, 4*d.*, exclusive of the meat. SUFFICIENT for 4 or 5 persons.

Note.—A properly made croquette or rissole is dry and crisp on the outside, and very moist inside, but the mixture must of necessity be made moderately dry unless the liquid used in its preparation contains the stiffening properties of gelatine, for when it lacks a certain degree of firmness it is moulded with great difficulty. All that is required to obtain a moist, in fact, almost liquid rissole, is to add to the mixture a considerable amount of stock that will form a jelly when cold, and when re-heated will again become liquid.

VEAL, CURRY OF.

(*See* **Chicken Curried**).

VEAL CUTLETS.

INGREDIENTS.—1½ lb. of fillet or neck of veal, butter or fat for frying, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-grated lemon-rind, salt and pepper, egg, breadcrumbs.

METHOD.—Cut the meat into thin slices, which afterwards trim into neat fillets. Beat the egg, mix with it the parsley, lemon-rind, and a good seasoning of salt and pepper. Brush the cutlets over with this preparation, coat them carefully with breadcrumbs, and fry quickly and lightly in hot butter or fat. Serve with either tomato or piquante sauce, or, when gravy is preferred, brown a little flour in the fat in the frying-pan, add a little salt and pepper, pour in a ½ pint of hot water, boil up, and strain.

TIME.—To fry, about 15 minutes, AVERAGE COST, 2*s.* SUFFICIENT for 5 or 6 persons.

VEAL FILLETS.

INGREDIENTS.—1½ lb. of fillet of veal, a few slices of bacon, 2 oz. of butter, 1 egg, breadcrumbs, the grated rind of 1 lemon, 1 teaspoonful of lemon-juice, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of thyme, ½ a pint of tomato sauce, brown sauce, or sauce made with the following ingredients:—½ pint of white stock, ½ oz. of flour, 2 tablespoonfuls of cream, ½ teaspoonful of lemon-juice, a small piece of meat glaze, salt and pepper.

METHOD. — Cut the veal into slices about ½ an inch in thickness, and each slice into rounds 2¼ or 2½ inches in diameter. Beat the egg, add to it the parsley, thyme, lemon-rind, lemon-juice, dip each fillet in the mixture, coat with breadcrumbs, and fry in hot butter in a sauté-pan. When nicely browned on both sides take them out of the pan, and keep them hot. Add the flour to the butter in the pan, fry lightly, pour in the stock, stir until it boils, then add the lemon-juice, cream, and glaze, season to taste, and simmer for 2 or 3 minutes. The fillets may be dished in a circle on a border of mashed potato with the rolls of bacon piled in the centre, or in two rows alternately with fried, thin, rounds of bacon of equal size. The sauce should be strained and poured round the dish.

TIME.—About ½ an hour. AVERAGE COST 2*s.* 3*d.* to 2*s.* 6*d.* SUFFICIENT for 7 to 9 persons.

VEAL, GALANTINE OF.

INGREDIENTS.—A small breast of veal, 1½ to 2 lb. of sausage-meat, 2 or 3 rashers of bacon (ham or tongue may be substituted), 1 hard-boiled egg, glaze, salt, pepper, a grate of nutmeg, ground mace, ground cloves.

METHOD.—Bone the veal and flatten it out on the table. Season well with salt and pepper, spread on ½ the sausage-meat in an even layer, distribute narrow strips of bacon and slices of egg over the surface, add mace, nutmeg and cloves in very small quantities, and a liberal seasoning of salt and pepper, and cover with the remainder of the sausage-meat. Roll the meat up

tightly, wrap it in a pudding cloth, secure the ends with string, put the roll into boiling stock or into boiling water, to which has been added the veal bones, 1 or 2 onions, 1 or 2 small carrots, 1 turnip, celery, salt and peppercorns, and cook gently for 3 or 3½ hours. When cooked and nearly cold, take off the cloth, which always becomes loose, re-roll, tie tightly as before, and press the galantine between two boards or dishes until cold. Before serving, brush over with glaze, and garnish with parsley, and, if liked, some fancifully-shaped or coarsely-chopped aspic jelly.

TIME.—From 3 to 3½ hours, to boil the galantine. AVERAGE COST, 1*s.* per lb.

VEAL, GÂTEAU OF, COLD.

INGREDIENTS.—½ lb. of cold veal (or veal and ham mixed), 2 tablespoonfuls of white breadcrumbs, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of grated lemon-rind, a pinch of nutmeg, 1 egg, 1 or 2 tablespoonfuls of gravy or milk, a few browned bread crumbs, ½ pint of gravy.

METHOD. — Grease a round mould or cake tin, and well cover it with browned breadcrumbs. Put the bones and browned trimmings of the meat into a stewpan with a little salt and pepper, and boil gently until the gravy is required, then strain, and season to taste. Chop the meat finely, add to it the white breadcrumbs, parsley, lemon-rind, nutmeg, the egg beaten, and as much gravy or milk as will thoroughly moisten the whole. Season rather highly with salt and pepper, press the mixture tightly into the cake tin, and bake in a moderate oven for 40 or 45 minutes. Turn out, pour a little gravy round, and serve the remainder separately.

TIME.—About 1¼ hours, altogether. AVERAGE COST, 3*d.* or 4*d.*, exclusive of the meat. SUFFICIENT for 3 or 4 persons.

VEAL, HARICOT OF.

INGREDIENTS.—2 lb. of neck of veal, 1½ oz. of butter or dripping, 1½ oz. of flour, 1½ pints of white stock or water, 1 onion, 1 carrot, 1 turnip, salt and pepper.

METHOD.—Divide the meat into pieces convenient for serving, cut the vegetables into small dice, which put aside, and preserve the trimmings. Heat the butter for fat in a stewpan, fry the meat lightly on both sides, then remove to a plate. Sprinkle in the flour, fry slowly until well browned, then add the stock or water, and stir until boiling. Season to taste, add the vegetable trimmings, put in the meat, and cover closely. Simmer very gently for 2 hours, then remove to a hot dish, strain the sauce over, and garnish with the dice of vegetables, previously boiled separately, until tender.

TIME.— 2½ hours. AVERAGE COST, 1*s.* 10*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time

VEAL, KNUCKLE OF, STEWED.

INGREDIENTS. — A knuckle of veal, 5 or 6 lb. in weight, a piece of ham or bacon to boil, or a few slices to roll and fry, 3 tablespoonfuls of rice, 1 onion, 1 small carrot, ½ a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, parsley, sauce.

METHOD.—Separate the shank bone, put it with the meat into a saucepan containing sufficient boiling water to cover, bring to the boil, skim well, add the vegetables (cut into dice), the herbs, and salt to taste. The ham or bacon should be boiled separately. The veal must be gently simmered for about 3 hours; at the end of 2 hours the rice should be well washed and added to the contents of the saucepan. Remove the meat from the broth, and keep it hot. Take out the bones and bouquet-garni, season the broth to taste, and serve separ-

ately. Pour a little parsley sauce over the meat, and serve the remainder in a tureen. Send the ham or bacon to table on a separate dish.

TIME.—About 3 hours. AVERAGE COST, 5*s.* 6*d.* to 6*s.* SUFFICIENT for 6 or 7 persons.

VEAL, LARDED AND ROAST.

INGREDIENTS.—3 lb. of neck of veal, larding bacon, stock, 1½ oz. of butter, 1½ oz. of flour, 1 onion sliced, 2 carrots sliced, 1 small turnip sliced, 2 or 3 strips of celery sliced, bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, salt and pepper, fat for basting.

METHOD.—Saw the bones across, remove the short ends and the skin, and fold the flap under. Lard the upper surface in close rows. Place the prepared vegetables in a stewpan, add the bouquet-garni, peppercorns, salt to taste, and stock to barely cover the vegetables. Lay the meat on the top, cover with a greased paper, and put on the lid, which must fit closely. Cook gently for 2 hours, adding more stock when necessary. Have ready a baking-tin containing a little hot dripping, put in the meat, baste, and bake gently for ½ an hour, basting it well. Meanwhile, melt the butter in a stewpan, add the flour, stir and cook gently until the mixture acquires a nut-brown colour, then add ¾ pint of stock, including that from the stewpan in which the veal was braised. Stir until boiling, simmer gently for a few minutes, and season to taste. Serve the meat on a hot dish and the sauce in a tureen.

TIME.—About 2½ hours. AVERAGE COST, 3*s.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

VEAL LOAF.

INGREDIENTS.—1 lb. of cold roast veal finely chopped, ½ lb. of sausage-meat, 2 tablespoonfuls of breadcrumbs, a little gravy or stock, 1 egg, salt and pepper.

METHOD.—Mix the veal, sausage-meat, and breadcrumbs together, season liberally with salt and pepper, and add the egg. Mix thoroughly and add gravy or stock gradually until the whole is thoroughly moistened. Form into a short thick roll, cover lightly with flour, or, when economy is not an object, coat with egg and breadcrumbs. Bake in a moderate oven for 1 hour, basting occasionally with hot fat, and serve either hot or cold. When served hot, it should be accompanied by good gravy, or some suitable sauce.

TIME.—To bake, 1¼ hours. AVERAGE COST, 7*d.*, in addition to the veal. SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

VEAL, LOIN OF, BAKED OR ROASTED.

INGREDIENTS.—4 or 5 lb. of loin of veal, a few slices of bacon, veal forcemeat, ¾ pint of brown sauce, a little meat glaze, lemons.

METHOD.—Bone the veal, season the inside with salt and pepper, fill with forcemeat, and skewer or tie it in the form of a roll. Baste well with hot dripping, cover with a greased paper, and either bake or roast from 2 to 2¼ hours, basting frequently. Meanwhile, boil the bones for stock for the brown sauce. Half an hour before serving remove the paper from the meat and brush it lightly over with the glaze, drain away all the fat in the tin, but leave the brown sediment. Pour the brown sauce into the tin, return to the oven to finish cooking, and baste frequently. (When economy is not an object, the veal should be basted with cream instead of brown sauce, the cream being afterwards slightly thickened, seasoned, and served with the meat.) Roll the bacon, put on a skewer, and fry or bake until crisp, or it may be broiled before the fire, and cut into dice. Remove the meat to a hot dish, garnish with rolls of bacon and cut lemon, or little piles of bacon

dice and lemon. Strain the sauce, and serve it separately in a tureen.

TIME.—To cook the veal, 2 to 2½ hours. AVERAGE COST, 10*d.* to 11*d.* per lb.

Note.—The above recipe is equally applicable to a shoulder and fillet of veal; and a loin of veal is not necessarily boned; a little forcemeat may be inserted, and the remainder made into small balls. The bone of the fillet is nearly always removed, and the cavity filled with forcemeat.

VEAL, MINCED.

INGREDIENTS.—1½ lb. of cold veal, 1 pint of white sauce, forcemeat balls, the grated rind of ½ a lemon, 1 teaspoonful of lemon-juice, salt and pepper.

METHOD.—Remove all skin and gristle, cut the meat into very small pieces, but do not chop it. Make the white sauce as directed, add to it the lemon-rind and lemon-juice, season to taste, put in the meat, cover closely, and let it remain in the sauce for ½ an hour, WITHOUT BOILING. Serve on a hot dish, garnished with the forcemeat balls and slices of lemon.

TIME.—To prepare and cook, from 1 to 1½ hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SUFFICIENT for 4 or 5 persons.

VEAL, MINCED, WITH MACARONI

INGREDIENTS. — ¾ lb. of cold roast veal finely minced, 3 oz. of ham finely minced, 4 oz. of breadcrumbs, 4 oz. of macaroni, 2 tablespoonfuls of good gravy, 1 large or 2 small eggs, butter, nutmeg, salt and pepper, gravy.

METHOD.—Mix the veal, ham, and breadcrumbs together, add salt, pepper and grated nutmeg to taste, moisten with the gravy, and as much beaten egg as is necessary to bind the mixture together. Boil the macaroni in salted water until tender, but not broken, and arrange it at the bottom and sides of a well-buttered mould or basin in some simple form, such as trellis or stripes. Cut the remainder into short lengths, mix them with the meat preparation, and press the whole lightly into the mould or basin. Cover with a greased paper, steam gently for 1 hour, then carefully unmould and serve good gravy, previously made from veal bones and trimmings, separately.

TIME.—To steam, 1 hour. AVERAGE COST, 6*d.*, in addition to the meat. SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

VEAL, NECK OF, BRAISED.

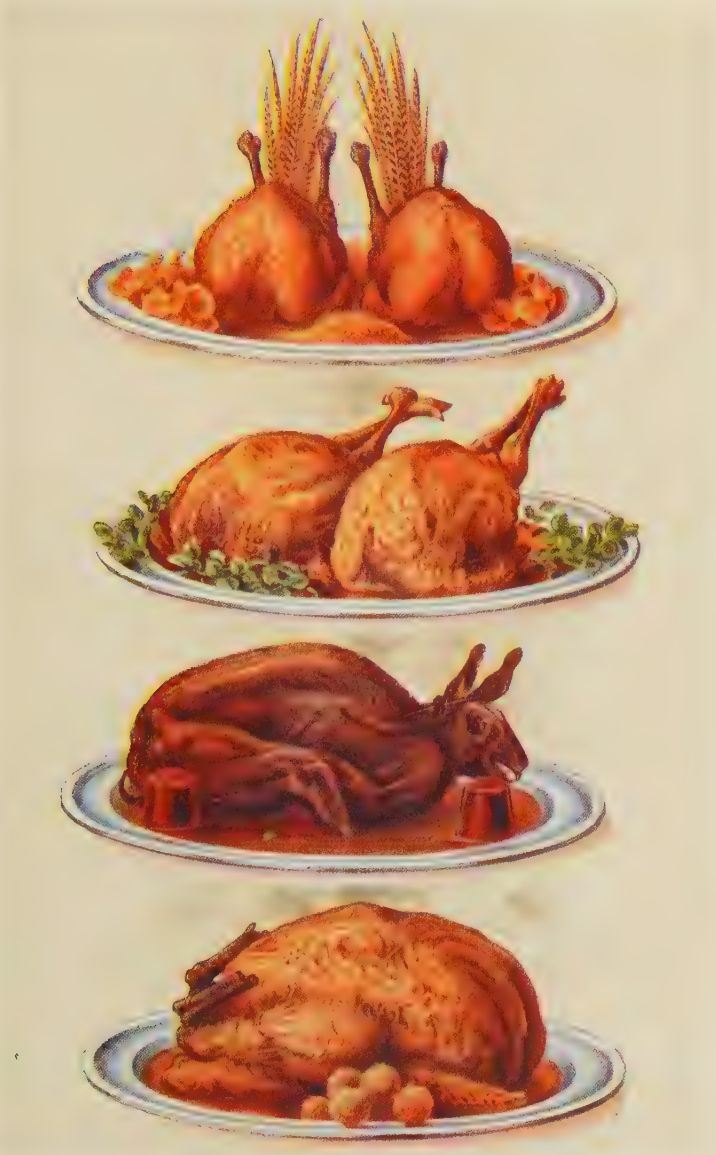
INGREDIENTS.—3 lb. of the best end of the neck, 1 pint of white stock, 2 oz. of flour, 1 oz. of butter, 1 teaspoonful of lemon-juice, 1 tablespoonful of capers, 2 onions, 2 carrots, 1 very small turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, 1 blade of mace, salt and pepper, glaze.

METHOD.—Saw the bones across, detach the short pieces of the rib bones, and fold the flap under, slice the vegetables, put them together with the bouquet-garni, mace, cloves, and 1 oz. of butter into a shallow stewpan, nearly cover the vegetables with stock, and add the remainder gradually to replace that which boils away. Place the veal on the bed of vegetables, cover with a greased paper, put on the lid, and cook gently for 3 hours. Meanwhile, melt the remaining oz. of butter in a small stewpan, add the flour and fry gently until it acquires a nut-brown colour. Remove the meat to a hot dish, and brush it over with glaze. Strain the liquor in the stewpan on to the butter and flour, stir until smooth, if necessary reduce with a little stock, add the capers, lemon-juice, season to taste, and serve separately in a tureen.

TIME.—About 3 hours. AVERAGE COST, 3*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

VEAL, NECK OF, STEWED.

INGREDIENTS.—2 lb. of neck of veal, ½ pint of white stock, 2 or 3



Roast Pheasants. Roast Fowls. Roast Hare. Roast Turkey.

rashers of bacon crisply fried and cut into dice, 6 small tomatoes, 2 ozs. of butter, ½ oz. of flour, 1 dessertspoonful of finely-chopped parsley, the grated rind of ½ a lemon, 1 teaspoonful of lemon juice, salt and pepper, 2 tablespoonfuls of cream, meat glaze.

METHOD.—Trim the meat, and when the bones are long saw them across and detach the rib bones. Melt the butter in a stewpan, fry the meat lightly on both sides, then add the lemon-rind, parsley, and a good seasoning of pepper, cover closely, and cook very gently for 2 or 2¼ hours. The meat must be well basted, and the stewpan stand on a cool part of the stove to avoid burning the butter. Meanwhile, fry or broil the bacon and cut it into dice; bake or broil the tomatoes until tender, but not too soft. Remove the meat from the stewpan, brush it lightly over with meat glaze, and keep it hot. Have ready the flour mixed smoothly with a little cold stock and the remainder of the stock boiling in a stewpan, add the moistened flour to the stock, stir and boil for 5 minutes, then strain and add the butter in which the meat was cooked, the lemon-juice, and the cream. Season to taste, bring to the boil, and serve in a tureen. Garnish the dish alternately with little bunches of bacon and tomatoes. When economy is an object, dripping may be substituted for the butter, and the tomatoes and meat glaze omitted.

TIME.—From 2¼ to 2¾ hours. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 4 or 5 persons.

VEAL OLIVES.

INGREDIENTS.—1½ lb. of fillet of veal cut in 8 thin slices, an equal number of slices of bacon, veal forcemeat, 1 pint of brown sauce, 1½ oz. of butter, salt and pepper, olives.

METHOD.—The slices of meat and bacon should be about 4 inches long and 3 inches wide. Place a slice of bacon on each piece of meat, spread on a thin layer of forcemeat, roll up tightly, and fasten securely with twine. Melt the butter in a stewpan, put in the olives, and fry until lightly browned. Pour away the butter, add the brown sauce (hot), cover closely, and simmer gently from 1¾ to 2 hours. When done, remove the strings, arrange the olives in 2 rows on a foundation of mashed potatoes, and strain the sauce over. Or, arrange them in a circle on a border of mashed potatoes, and fill the centre with purée of spinach, or any other suitable vegetable.

TIME.—To prepare and cook, bout 2¼ hours. AVERAGE COST, 3*s.* 4*d.* SUFFICIENT, 8 fillets for 6 persons.

VEAL, QUENELLES OF.

INGREDIENTS.—1 lb of. fillet of veal, ¼ pint of good stock, 1 oz. of butter, 2 oz. of flour, 2 eggs, salt and pepper.

METHOD.—Melt the butter in a saucepan, add the flour and the stock, stir and cook until the mixture forms a compact mass round the bowl of the spoon, then put it aside to cool. Pass the veal 2 or 3 times through a mincing machine, or chop it finely. Pound the panada (flour, butter, and stock) and the meat together until smooth. Add the eggs, one at a time, season to taste, and pound all well together. Rub the mixture through a wire sieve, and then shape into quenelles. To do this it is necessary to use 2 dessertspoons, or smaller spoons in making quenelles for soup. Dip one spoon into boiling water, fill it with the mixture, press it from the sides and raise it in the centre with a knife dipped in hot water, making it a nice oval shape; take another spoon, dip it into hot water, scoop the mixture carefully from the first spoon into the second, and place in a buttered sauté-pan. When all the quenelles are in the

pan, pour in sufficient boiling water to nearly cover them ; have ready a sheet of greased paper, place it on the top of the quenelles, and cook them gently for about ½ an hour. Drain, arrange in a circle or straight row and mask with a good white sauce.

TIME.—To make and cook, from 1¼ to 1½ hours. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 8*d.* SUFFICIENT for 4 or 5 persons.

VEAL RAGOÛT

(*See* **Veal, Haricot of**).

VEAL, STEWED.

INGREDIENTS.—2 lb. of the neck or breast of veal, 1 pint of milk, 2 tablespoonfuls of cream, 1 oz. of butter,, 1 tablespoonful of cornflour or flour, 1 small onion, 1 blade of mace, salt and pepper.

METHOD.—Cut the meat into pieces convenient for serving, place them in a fireproof stewing pot, season with salt and pepper, add the onion and mace, pour in the milk, cover closely, and cook gently in the oven or on the stove for 2½ or 3 hours. A few minutes before serving, knead the butter and flour or cornflour smoothly together, divide into very small portions, and stir them into the milk. When flour is used, it must be allowed to cook for at least 10 minutes. Put the meat on to a hot dish, add the cream to the sauce, season to taste, strain over the meat. The sauce is never perfectly white, therefore it is better to add 1 or 2 drops of caramel to make it a pale fawn colour.

TIME.—From 2½ to 3 hours. AVERAGE COST, 2*s.* SUFFICIENT for 4 or 5 persons.

VEAL WITH PARSLEY SAUCE.

INGREDIENTS.—2 lb. of fillet of veal, ¾ of a pint of white sauce, 1 oz. of butter, 1 dessertspoonful of finely-chopped parsley, 1 dessertspoonful of lemon-juice, 1 yolk of egg, salt and pepper.

METHOD.—If the meat is not one compact piece, bind it into a good shape with tape. Melt the butter in a stewpan, fry the meat gently until the entire surface is lightly browned, then add the white sauce and seasoning to taste. Cover closely, simmer gently from 2 to 2½ hours, then take up the meat and keep it hot. Strain and return the sauce to the stewpan, add the parsley, lemon-juice, and yolk of egg, stir until the sauce thickens, then pour it over the veal, and serve.

TIME.—From 2½ to 3 hours. AVERAGE COST, 3*s.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

TRUSSING POULTRY AND GAME.

Realizing the importance of this branch of the cook's art, and knowing how difficult it is to learn from written instructions, we have prepared a series of illustrations to practically show the various stages in the preparation of game and poultry for different modes of cooking. To obtain these and to ensure their being reliable guides for the uninitiated, we secured the services of a very experienced trusser. The latter, taking each bird or animal in turn, demonstrated the manner of drawing, trussing, etc., at each stage of which a photograph was taken, so that by studying these the amateur will be able to acquire the proper method. Skewers are not now used for trussing fowls and similar small birds, which are always trussed with a needle and twine. This mode not only facilitates the carving, but avoids serving a dish rendered unsightly by skewers or skewer holes. Trussing needles, made of iron, are obtainable from any ironmonger. They are very similar to packing needles—strong and straight, about 9 inches long.

To Pluck a Bird.—Hold the bird in the left hand and commence to pull off the feathers from under the wing. Having plucked one take the other wing and proceed in the same manner until all the feathers are removed. Poultry feeders usually pluck birds immediately after killing, because the feathers are more easily withdrawn before the flesh stiffens. Another way is to plunge the bird into hot, but not boiling, water for about one minute, and immediately pull out the feathers. But this is a rather risky method, for if the bird be left too long in the water, the skin becomes tender, apt to be easily torn, and the appearance is thus spoiled.

To Singe Poultry.—Hold the bird by the neck with the left hand, and with the right hand singe off the down with a lighted paper, moving it quickly so as not to scorch the bird; those parts that will be hidden after the bird is trussed must be most carefully gone over, but it is usual to again singe after trussing. In large kitchens there is sometimes a gas-tube, which is very convenient for singeing poultry, and avoids to some extent, any chance of burning or scorching during the operation; but a lighted paper carefully used is all that is necessary.

It is useless to expect singeing to take away the feathers that have been left in through careless plucking; if any should appear, they must be pulled out, not singed off, otherwise they will impart a disagreeable odour of burnt feathers to the bird.

To Bone Poultry and Game.—Birds are invariably plucked and singed before boning, but not drawn. The crop, however, should be removed, the wings and legs cut off at the first joint, and the tendons of the legs carefully drawn at the same time. To bone the bird, use a small sharp knife, and first remove the merry-thought at the neck. This done, cut the skin down the centre of the back and raise the flesh

carefully on either side, sever the wing joints, and continue to detach the flesh, keeping the blade of the knife close to the bone. When the legs are reached, dislocate the joints, cut the connecting tendons, but leave both wings and legs intact until the breast and back bones have been removed, together with the viscera. Turn the body inside out; take the thigh bones of one of the legs in the left hand and strip the flesh downwards. Repeat this until all the small bones are removed. The bird may then be turned right side out again, when it will be found completely boned and should be quite whole.

Both large and small birds may be boned in this way. They are then stuffed, re-shaped, and trussed or rolled into galantines.

To Draw Poultry (*Illustration No.* 1).—Lay the bird back downwards upon the table, and cut off the ends of the pinions. Then turn the bird breast downwards, and cut a long slit in the back of the neck, in the manner shown in Trussing Illustration No. 1, Fig. 1; pass the knife under the skin, cut off the neck at its junction with the body, taking care not to cut through the under skin of the neck in this motion. Then cut through the skin of the back of the neck at the place where the first incision was made, and through the underneath skin about three inches from the breast, leaving the two flaps of neck skin to fold over the jagged opening (see Figs. 2 and 3), and draw out the neck. Then take out the crop, and well loosen the entrails by placing the forefinger inside the body, and working it round from left to right (see Fig. 4). Put the fowl on the table tail upwards and make a deep cut straight across the body, between the tail and the vent. The vent can then be easily cut out, and the opening will be found sufficiently large to enable the fingers to be put inside the bird to take hold of the gizzard, etc. (see Fig. 5), and if the loosening at the other end has been properly performed, the whole of the inside of the fowl can be easily drawn away in one mass. Care should be taken not to draw away the fat on gizzard. This can be felt with the fingers and may be easily left inside the bird.

Be very careful not to break the gall-bladder, for this accident may ruin the bird by imparting a very bitter taste to the flesh Now wipe out the inside with a clean cloth, but do not wash the bird, unless any part of the inside has been broken in drawing; dip the legs of the bird in boiling water, scrape them, and cut off the claws.

To Truss a Fowl for Roasting (*Illustration No.* 2).—Place the fowl upon the table as shown in illustration, and pass the needle and string through the centre of the fowl, just above the thigh-bone, exactly in the centre of the two joints (see Fig. 1), leaving the end of the string protruding from the place where the needle entered the bird. Turn the fowl over on to its breast, and carrying the twine on, pass it in a slanting direction between the two centre bones of the wing, catching the underneath part of the pinion (see Fig. 2), and then over the bird through the pinion and then the wing of the other side, and the string will come out near the point where it first entered the fowl; then tie the two ends together, but not too tightly, or the bird will not lie flat on the dish (Fig. 3). Next take the fowl in the left hand, breast downwards, and pass the needle and twine through the back, close to the end of the thigh-bones (Fig. 4); put the legs into position shown, turn the fowl on its back, and carry the string over the leg and then through the breast, catching up a small portion of the bone as the needle passes through. Take the string on over the other leg, and tie the ends together, and the bird will be ready for roasting (see Fig. 5).

Now again singe the bird, going over it very carefully, so that no feathers remain; then, after cleaning and washing the gizzard and liver, put one in each of the pinions.

To Truss a Fowl for Boiling (*Illustration No.* 3).—It is generally found more difficult for a beginner to truss a fowl for boiling than for roasting, for in loosening the skin and drawing it over the bone it is very easy to tear it.

Loosen the skin of the leg by placing the two first fingers of the hand inside the body, and working round the leg, as shown (Fig. 1). Make a cut in the drumstick of the fowl, about half an inch from the hock (Fig. 2), to prevent the bone from breaking under the next operation. Turn the shank inward on to the back of the fowl (Fig. 3), and draw the skin of the leg over the hock, tucking the joint into the body (as in Fig. 4). Next cut off the shank about half an inch above the foot, i.e., cutting off all the leg and foot that shows in Fig. 4. Sew with needle and string as for roasted fowl (see Fig. 5).

To Truss a Turkey (*Illustration No.* 4).—Turkeys are plucked and singed in exactly the same manner as fowls, but before trussing draw the sinews. To do this, break the leg bones close to the feet, run them on a hook placed in the wall (*above* you, so that weight as well as strength can be brought to bear), and draw out the sinews as shown in Fig. 1. Next cut off the neck close to the back, leaving enough skin to turn over it, and loosen the liver and the rest of the inside at the throat end. Cut off the vent, take out the gut, and draw the bird with a hook sold for this purpose. Take great care not to break the gut joining the gizzard, for fear of grit, or the gall bladder, which, if broken, would make the flesh bitter. Next dry the inside thoroughly. Cut the breastbone through at each side close to the back, beat it flat with a wooden rolling-pin, then place the pinions as shown in illustration, and skewer (Figs. 2 and 3). Press the legs close to the body and skewer at first and second joints, and the turkey will now be ready for stuffing.

Having filled the bird with the forcemeat (the fuller the better), skewer over the flap of skin, also that at the neck. Turn the bird back uppermost and put a string across and across as shown.

As with a fowl, a boned turkey has sometimes the legs put inside, so that less stuffing is needed and the aim is not to preserve its form, but to make it present a broad smooth surface that is easy to carve.

To Truss a Goose or Duck (*Illustration No.* 4, Fig. 5).—Geese and ducks are prepared, drawn, and trussed in the same manner as fowls and turkeys, except that the wings or pinions are cut off at the first joint. The feet of a goose are often removed, but those of a duck are just as frequently left on, the tips of the toes alone being cut off.

To Truss Grouse.—When plucking leave the breast feather for removal afterwards, in order to prevent the skin being broken in trussing. First cut off the head, leaving enough skin to skewer back, loosen the inside at neck and squeeze out and wipe the inside of the bird. Secondly, bring the legs close to the breast, between it and the side bones, and pass a needle through the pinions and the thick part of the thighs, tie round, then take off the breast feathers with the aid of a knife, thus avoiding the breaking of the skin.

Partridges and pheasants are trussed in the same manner, but the latter can be drawn in the same way as a fowl.

To Truss a Pigeon (*Illustration No.* 2, Figs. 6 *and* 7).—First pluck and draw the bird, wash it very thoroughly and wipe perfectly dry. Then cut off the neck and head, and the toes at the first joint. Truss for roasting by crossing the

legs and running a trussing needle and twine through both pinions and legs (Fig. 7). For stewing, twist the legs up on each side and fasten with a trussing needle and twine (Fig. 6). Pigeons are better if drawn directly they are killed.

To Truss Snipe, Plovers, Quails, and Woodcock.—First pluck the birds, and wipe them outside with a damp cloth, but do not draw them. Twist the legs, thrust them close to the body; skin the neck and head, and bring the beak round under the wing. The birds should then be placed on toast.

To Skin and Truss a Hare (*Illustration No. 4.*, Figs. 6 *and* 7). —Cut off the fore and hind legs at the first joint, make a long slit in the skin underneath the body, detach it from the flesh, and draw it over the hind legs, leaving the tail on. The next step is to draw the skin over the back and slip out the fore legs, easing it with a knife, if necessary, over the neck and head, and being very careful not to injure the ears, which are left on. In skinning this is the most delicate part, and one that is always found difficult by the amateur, but the appearance of a roast hare is spoilt if the ears are torn or otherwise injured.

To hang the hare on a hook is a most convenient way of accomplishing the skinning. Slit the body in the same direction as the skin was cut, remove all the viscera except the kidneys, and wipe the inside with a clean, damp cloth. Next cut the sinews beneath the hind legs and press them towards the head, and bring the fore-legs backwards to the hind ones. A skewer can then be passed through the two legs on one side, through the body and the two legs on the other side, the chief part of the trussing being thus effected by means of one skewer. Press back the head (Fig. 6), pass a skewer through the top of the shoulder, the back of the neck, and out through the top of the opposite shoulder.

To Truss a Rabbit for Roasting or Boiling.—Empty, skin, and wash the rabbit, wipe it dry, and take out the eyes. Then cut off the fore-jolnts of the shoulders and legs, and fasten close to the body with needle and twine; raise the head and skewer it back between the shoulders. Put stuffing in (if liked) when roasting, and sew up.

CHAUDFROID OF CAPON.

Boil a ready trussed bird in seasoned white stock. Drain and let it get cold, then untruss and mask completely with white chaud-froid sauce. Decorate tastefully with fancifully cut slices of truffle, then mask with a thin layer of aspic jelly. Dish up, insert one or two hatchet skewers, garnish with salad and serve.

CHICKEN, BOILED.

INGREDIENTS.—1 chicken, 1½ ozs. of butter, 1½ ozs. of flour, ¾ of a pint of stock, 1 onion, 1 carrot, a bouquet-garni (parsley, thyme, bay leaf), 6 white peppercorns, salt.

METHOD.—Truss the chicken for boiling. Have ready a saucepan, just large enough to contain the chicken, and as much boiling stock or water as will cover it. Rub the breast of the bird with lemon, wrap it in a buttered paper, put it into the saucepan, bring to the boil, and skim well. Add the sliced vegetables, bouquet-garni, peppercorns and salt if necessary, and cook very gently until the chicken is tender. A young chicken should be ready to serve at the end of 1 hour, but an old bird may need twice that length time. Meanwhile, melt the butter in a stewpan, add the flour, cook for a few minutes without browning, pour in the stock (use some of the liquor in which the chicken was cooked if none other is at hand), and boil up, stirring all the time. Season to taste, and simmer for 10 minutes, or until the chicken is ready. Remove the trussing string, place on a hot dish, pour over the sauce, which must be thick enough to coat it, garnish with chopped truffle, parsley, or hard-boiled yolk of egg, and serve.

TIME.—From 1 to 2 hours, according to age. AVERAGE COST, 3*s.* 3*d.* to 4*s.* 6*d.* SUFFICIENT for 4 or 5 persons.

CHICKEN, CASSEROLE OF.

INGREDIENTS.—1 chicken, 4 to 6 oz. of streaky bacon, 2 oz. of butter, 1 shallot finely chopped, 2 tablespoonfuls of coarsely-chopped mushrooms, preferably fresh ones, stock, 1 oz. of flour, salt and pepper.

METHOD.—Divide the chicken into neat joints. Heat 1 oz. of butter in a casserole just large enough to hold the chicken, and fry in it the bacon cut into strips. Then put in the chicken, add the shallot and mushrooms, cover, and cook slowly. Turn the pieces over and when both sides are nicely browned add stock to barely cover and season to taste. Knead the flour and the remaining oz. of butter together, and add the mixture in small pieces, about 15 minutes before serving. The chicken should be served in a casserole, but it may, if preferred, be turned on to a hot dish.

TIME.—From 1¼ to 1½ hours. COST, 3*s.* SUFFICIENT for 4 or 5 persons.

CHICKEN CREAM.

INGREDIENTS.—½ lb. of raw chicken, free from bone and skin, ⅛ pint of thick Béchamel sauce, ⅛ pint of double cream, 1 egg, salt and pepper.

METHOD.—Chop the chicken-meat finely, pound it in a mortar until smooth, adding the egg and white sauce gradually, and pass the ingredients through a wire sieve. Whip the cream stiffly, stir it lightly in, and season to taste. Turn the mixture into 1 large or 6 or 7 very small buttered moulds, and steam gently until firm. Dish up and sauce over. Serve with Béchamel or other suitable sauce.

TIME.—To steam in 1 mould. about 50 minutes; in small moulds, about 25 minutes. AVERAGE COST, 3*s.* to 3*s.* 6*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

CHICKEN CROQUETTES

(*See* **Chicken Cutlets**).

CHICKEN, CURRIED.

INGREDIENTS.—1 chicken, ¾ pint of white stock, 2 oz. of butter, 1 tablespoonful of curry-powder, 1 dessertspoonful of flour, 1 teaspoonful of curry-paste, 1 dessertspoonful of desiccated or fresh cocoanut, 1 dessertspoonful of chutney, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of cream, 1 apple, 1 onion, salt, cooked rice.

METHOD.—Divide the chicken into neat joints, and fry them lightly in hot butter. Remove them from the stewpan, put in the onion minced, fry for 2 or 3 minutes without browning, add the flour and curry-powder, stir and cook for a few minutes, then pour in the stock and stir until boiling. Replace the chicken in the stewpan, add the curry-paste, cocoanut, chutney, sliced apple, lemon-juice, and salt to taste, cover and cook very gently for about ¾ of an hour if the bird is young, or until the flesh is tender. Arrange neatly, add the cream to the sauce, and strain over the chicken. The rice should be handed separately.

TIME.—From 1½ to 1¾ hours. AVERAGE COST, 4*s.* 6*d.* SUFFICIENT for 5 persons.

CHICKEN CUTLETS.

INGREDIENTS.—½ lb. of cold chicken, ¼ pint of white sauce, 1 oz. of butter, ½ oz. of flour, the yolks of 2 eggs, ½ a shallot finely chopped, salt and pepper, nutmeg, egg, bread-crumbs, frying-fat.

METHOD.—Chop the chicken finely. Fry the shallot and flour in the butter, without browning, add the stock, and boil well. Put in the chicken, add nutmeg, salt and pepper to taste, stir over the fire until thoroughly hot, then add the yolks of eggs, and cook the ingredients for 2 or 3 minutes longer. Cool the mixture; when firm, shape into cutlets, egg and crumb them, and fry in deep fat. Drain well, arrange them in a close circle on a dish paper, garnish with fried parsley, and serve hot. 2 to 3 ozs. of lean ham finely chopped may be added to the chicken if liked. Also a little chopped button mushrooms, or a little chopped truffle. For croquettes, the mixture must be shaped like a cork.

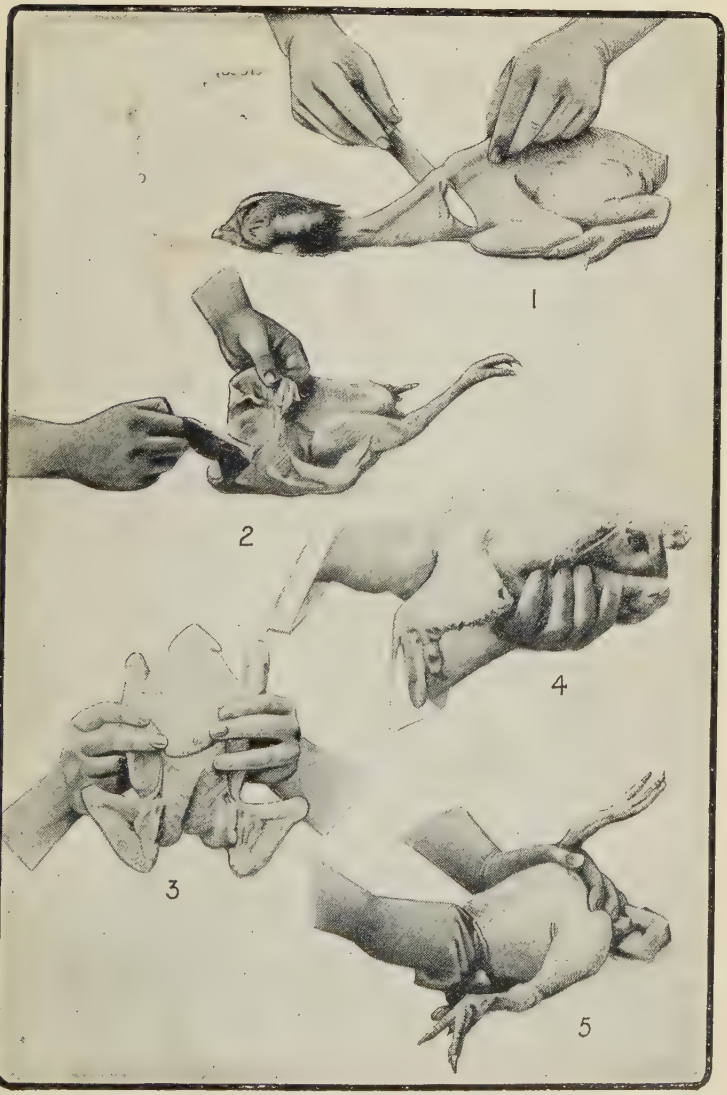
TIME.—1 hour. AVERAGE COST, 2*s.* 9*d.* SUFFICIENT for about 7 persons.

CHICKEN ESCALOPES.

INGREDIENTS.—The legs of a large uncooked chicken, ½ lb. of lean veal, ¼ lb. of bacon (a corresponding amount of sausage-meat may be substituted for the veal and bacon), 6 mushrooms, 1 truffle, 2 yolks of eggs, 1 pint of stock, 3 oz. of butter, 1½ oz. of flour, 1 tablespoonful of sherry, a few drops of lemon-juice, 1 onion, 1 carrot, ½ a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, spinach purée.

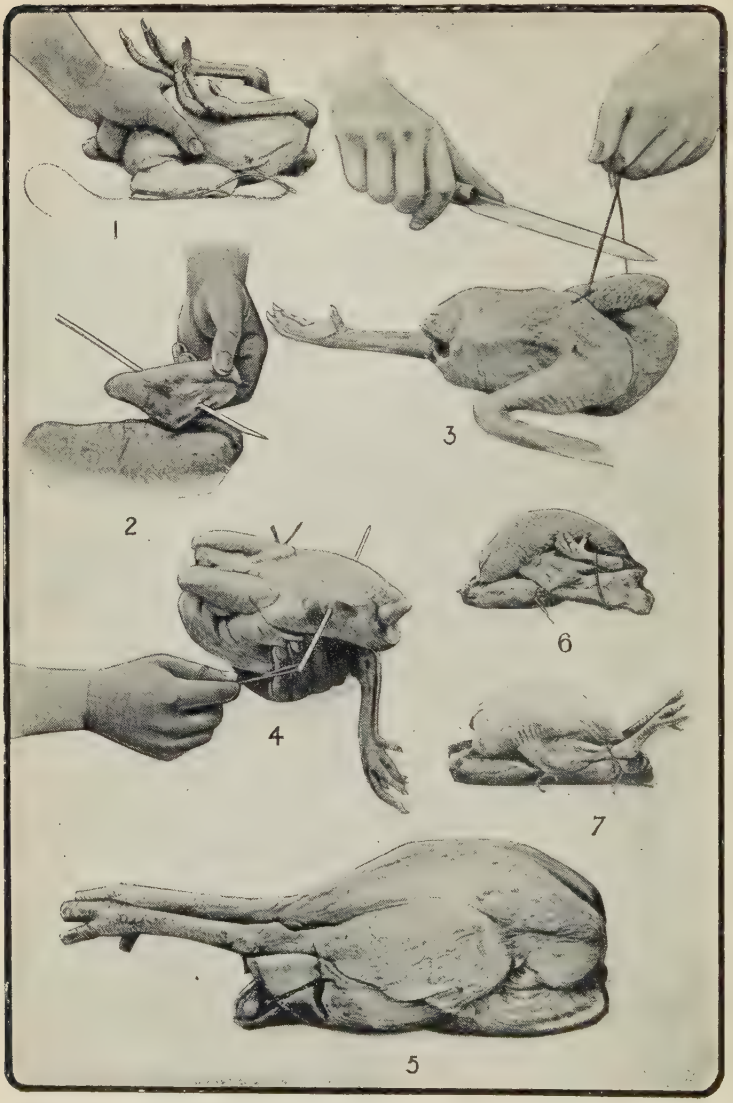
METHOD.—When veal and bacon are used, chop and pound them smoothly, then rub them through a fine sieve. Add to this purée of meat the mushrooms and truffle cut into dice, season well with salt and pepper, and bind with the 2 yolks of eggs. Bone the legs, stuff with the prepared farce or stuffing, shaping them as much like a roll as possible. Put 1½ oz. of butter and the sliced vegetables into a stewpan, lay the chicken legs on the top, cover, and fry gently for 20 minutes. Add stock to ¾ the depth of the vegetables, place a buttered paper over the chicken legs, put on the lid, and cook gently for 1 hour. Meanwhile, melt the remaining butter, stir in the flour, and cook over the fire until a brown roux, or

TRUSSING No. 1: TO DRAW A FOWL.



See directions on page 180.

TRUSSING No. 2: FOWL FOR ROASTING.



See directions on page 180.

thickening, is formed. When the chicken legs are sufficiently cooked, remove them and keep them hot; strain the stock on to the brown roux, stir until boiling, simmer for 20 minutes, then add the sherry and lemon-juice, season to taste, and keep hot until required. Cut the chicken legs into ½ inch slices, arrange them slightly overlapping each other on the bed of spinach. strain the sauce round, and serve.

TIME.—About 1½ hours. AVERAGE COST, 3*s*. SUFFICIENT for 5 or 6 persons.

CHICKEN FORCEMEAT

(*See* **Veal, Quenelles of**).

CHICKEN, FRICASSÉE OF.

INGREDIENTS.—1 boiled chicken, 1 pint of Béchamel sauce, ½ gill of cream, the yolks of 2 eggs, the juice of 1 lemon, salt and pepper.

METHOD.—Cut the chicken before it is quite cold into neat joints. Make the sauce as directed, put in the pieces of chicken, let them remain until thoroughly hot. Add the yolks and cream previously blended, and stir by the side of the fire until the sauce thickens, without boiling. Season to taste, add the lemon-juice, arrange neatly on a hot dish, and strain the sauce over. The dish may be garnished with truffle or cooked green peas, and the fricassée served in a border of mashed potato if desired.

TIME.—About ¾ of an hour, after the chicken is boiled. AVERAGE COST, 3*s*. 6*d*. to 4*s*. 6*d*. SUFFICIENT for 5 or 6 persons.

CHICKEN KROMESKIS.

INGREDIENTS.—Make a Salpicon as directed in the recipe for Chicken Cutlets, as many small very thin slices of bacon as there are cork-shaped pieces of the mixture. For the batter: 2 tablespoonfuls of milk, 3 tablespoonfuls of flour, 1 tablespoonful of salad-oil or oiled butter 1 egg, salt, frying-fat.

METHOD.—Mix the above ingredients into a smooth batter, and add to it 1 saltspoonful of salt. Wrap each piece of the chicken mixture in a slice of bacon, dip into a light batter prepared from the above-named ingredients, and fry in a deep pan of hot fat. Drain, and serve garnished with parsley.

TIME.—1 hour. AVERAGE COST, 1*s*. 9*d*. to 2*s*. SUFFICIENT for about 6 persons.

CHICKEN, MAYONNAISE OF.

INGREDIENTS.—1 cold boiled chicken or fowl, ¾ pint of Mayonnaise sauce, ¼ pint of aspic jelly, dressed salad.

METHOD.—Cut up the chicken into small joints, remove all the skin and ends of bones, and shape the pieces as neatly as possible. Dissolve the aspic jelly; when cool enough add it to the Mayonnaise sauce and mask the chicken. To facilitate the masking process place the pieces of chicken on a wire tray and pour over the sauce carefully by means of a tablespoon. When the sauce is set, decorate tastefully with truffle and chervil, and mask with a thin layer of liquid aspic. Arrange neatly on a dish on a bed of dressed salad, and garnish the side of the dish with sprigs of endive, slices of cucumber, and blocks of aspic jelly.

TIME.—About 1 hour. AVERAGE COST, 3*s*. 9*d*. to 5*s*. SUFFICIENT for 5 or 6 persons.

CHICKEN, MINCED

(*See* **Veal, Minced**).

Substitute poached eggs for the forcemeat balls.

CHICKEN PATTIES.

INGREDIENTS.—4 to 6 oz. of cold boiled chicken, 2 oz. of cooked ham, 6 button mushrooms, 2 truffles, 1 teaspoonful of lemon-juice, salt and pepper, ¼ pint of Béchamel sauce, puff paste.

METHOD.—Chop the chicken and ham not too finely, cut the mushrooms and truffle into small dice,

and mix all together. Stamp out 9 or 10 patty cases from the puff paste, and mark the centres with a smaller cutter to form the lids (*see* Oyster Patties). Bake in a quick oven, then scoop out the soft inside, take care of the lids, and keep the cases hot until required. Have the Béchamel sauce ready in a stewpan, add to it the chicken preparation, season with salt and pepper, put in the lemon-juice, and stir the mixture over the fire until thoroughly hot. Fill the cases, put on the lids, and serve garnished with tufts of fresh or fried parsley.

TIME.—To bake the pastry, from 20 to 25 minutes. AVERAGE COST, 1*s.* 6*d.* to 2*s.* SUFFICIENT for 8 or 9 patties.

CHICKEN PIE

(*See* **Pigeon Pie and Calf's Head Pie**).

CHICKEN QUENELLES

(*See* **Veal Quenelles**).

CHICKEN, RÉCHAUFFÉ OF

(*See* **Fowl, Hashed**).

CHICKEN, RISSOLES OF

(*See* **Lobster Rissoles and Chicken Cutlets**).

CHICKEN, ROAST.

INGREDIENTS.—1 good chicken, 2 or 3 slices of bacon, ½ pint of stock, fat for basting, salt and pepper, bread sauce, a few drops of liquid caramel, watercress.

METHOD.—Truss the chicken for roasting, prick the entire surface of the breast with the point of a metal skewer or trussing needle, skewer over it the slices of bacon, baste well with hot fat, and roast before a clear fire or in a moderate oven for about 1 hour. Baste frequently, and a few minutes before serving remove the bacon for the breast to brown. Meanwhile, simmer the neck (and the liver and gizzard when not trussed in the wings) in the stock. When the chicken is sufficiently cooked, remove it to a dish, drain off every particle of fat, taking care not to disturb the sediment, pour in the stock, boil for 2 or 3 minutes, season and colour to taste, and strain into a sauceboat. Have ready the watercress well washed, drained, and season lightly with salt and pepper, and use as garnish. Serve both gravy and bread sauce separately.

TIME.—About 1 hour. AVERAGE COST, 3*s.* 6*d.* to 4*s.* SUFFICIENT for 4 to 6 persons.

Note.—The pricking of the breast is not essential, but some cooks prefer this way.

CHICKEN SALAD.

INGREDIENTS.—½ cold chicken (roast or boiled), cut into joints, or pieces if boned; to 4 tablespoonfuls allow 2 tablespoonfuls of finely shredded celery, 1 tablespoonful of finely-shredded white of hard-boiled egg, 4 tablespoonfuls of Mayonnaise sauce, 1 dessertspoonful of salad-oil, 1 dessertspoonful of vinegar, ½ a teaspoonful of salt, ¼ a teaspoonful of pepper. For garnishing: pickled gherkins, capers, fillets of anchovy, stoned French olives, lettuce.

METHOD. — Mix the shredded chicken, celery, and white of egg together in a bowl, stir in the salad-oil and vinegar, season with salt and pepper, and let the mixture stand for one hour. When ready to serve, stir in the Mayonnaise sauce, range the salad in a dish on a bed of crisp lettuce, garnish the surface with the gherkins, capers, anchovies, olives, and, if liked, the yolks of eggs previously rubbed through a fine sieve.

TIME.—About 1¼ hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.* 3*d.* for this quantity. Sufficient for 5 persons.

CHICKEN SAUTÉ

(*See* **Chicken à la Marengo, and Fowl, Fried, with Peas**).

CHICKEN SOUFFLÉ.

INGREDIENTS.—½ lb. of raw chicken, 1½ oz. of butter, the whites of 2 eggs, the yolk of 1 egg, ¼ pint of cream, pepper and salt, ½ pint of Béchamel sauce.

METHOD.—Shred the chicken-meat finely, or pass it through a mincing machine, then pound it in the mortar with the butter and yolk of egg, season with salt and pepper, and rub through a fine wire sieve. Whip the cream slightly and whisk the whites of eggs stiffly and add them lightly to the chicken purée. Place in a well-buttered soufflé (plain Charlotte) mould, cover with a buttered paper, and steam gently from 50 to 60 minutes. Or, fill up several small dariol moulds, and steam for about 25 minutes. Serve with the white sauce poured over, and if liked decorate with finely chopped truffle.

TIME. — 60 to 90 minutes. AVERAGE COST, 4*s.* to 4*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

CHICKEN, TIMBALES OF.

INGREDIENTS.—½ a lb. of raw chicken, 1½ oz. of butter, the whites of 2 eggs, the yolk of 1 egg, ¼ of a pint of cream, pepper and salt, ½ a pint of Béchamel sauce, macaroni.

METHOD.—Boil the macaroni in salted water until tender, cut it across into rings about ⅛th of an inch in thickness, and with the rings line several well-buttered timbale moulds. The rings should be arranged as evenly as possible; and the somewhat tedious task may be facilitated by using the point of a larding needle to fix them in position. Prepare the chicken purée as directed for "Chicken Soufflé." Fill the prepared mould with the mixture. Steam the timbales from 25 to 35 minutes, arrange neatly on a hot dish, pour the sauce round, and serve.

TIME.—1 hour. AVERAGE COST, 3*s.* 9*d.* to 4*s.* 3*d.* SUFFICIENT for 5 or 6 persons.

CHICKEN WITH MACARONI.

INGREDIENTS.—1 chicken, ½ lb. of macaroni, ¼ pint of tomato sauce, ¼ pint of Espagnole sauce, a few drops of lemon-juice or tarragon vinegar, salt and pepper.

METHOD.—Boil the chicken until half cooked in stock, or, if this is not at hand, in water flavoured with vegetables. Put the macaroni into salted boiling water and cook rapidly for 15 or 20 minutes until it is perfectly tender, but not broken, then drain well, and cut into short lengths. Heat the sauces in a stewpan, and when the chicken is sufficiently cooked, cut it into pieces convenient for serving, and put them into the sauce. Add the macaroni, salt, pepper, lemon-juice or vinegar to taste, and simmer very gently for ¾ of an hour. Arrange the macaroni to form a bed in the centre of a hot dish, place the chicken on the top of it, strain the sauce over, and serve.

TIME. — From 1 to 1½ hours. AVERAGE COST, 3*s.* 6*d.* to 4*s.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

CHICKEN, WITH RICE AND TOMATOES.

INGREDIENTS.—1 chicken, larding bacon, 2 onions, 2 carrots, 1 turnip, all thickly sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, stock, ½ pint of tomato purée, 3 oz. of grated Parmesan cheese, salt and pepper.

METHOD.—Truss the chicken, lard the breast in close rows, and wrap it in greased paper. Put the vegetables, herbs, and peppercorns into a stewpan, add sufficient stock to nearly cover them, and place the chicken on the top. Cover closely, cook gently for about 1½ hours, adding more stock to replace that which boils away. Wash and blanch the rice, cook it in good stock until tender and dry, then stir in the tomato purée and cheese, and season to taste. Put the chicken in a hot oven for a few minutes to crisp the bacon, then serve with the rice either as a border or formed into timbales.

TIME.—About 1¾ hours. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* SUFFI-

CIENT for 4 or 5 persons. SEASONABLE at any time.

DUCK, BRAISED, WITH TURNIPS.

INGREDIENTS.—1 duck, 1 pint of good stock, larding bacon, ½ a glass of sherry, 3 young turnips, salt and pepper, flavouring as in the preceding recipe, glaze.

METHOD.—Truss and lard the duck, and braise it as directed in "Turkey, Stewed or Braised." When cooked brush over with warm glaze, and crisp the lardoons in the oven. Strain the stock and reduce it by rapid boiling until about half the liquid remains, then add the sherry, and season to taste. Have ready the turnips cut into dice, and cooked until tender. Place the duck on a hot dish, arrange the turnips in groups, pour the sauce round and serve.

TIME.—About 2 hours. AVERAGE COST 4*s.* 6*d.* to 5*s.* SUFFICIENT for 4 or 5 persons. SEASONABLE from August to March.

DUCK, HASHED.

INGREDIENTS.—1 cold roast duck 1 pint of stock, 1 oz. of butter, 1 oz. of flour, 1 orange, 1 onion, a glass of claret, salt and pepper.

METHOD.—Divide the duck into pieces suitable for serving. Chop the onion finely, fry it in the butter, add the flour, stir over the fire until brown, then pour in the stock, stir until it boils, and simmer for 10 minutes. Cut the orange-rind into very thin strips, add them with the juice of the orange, the wine, and the duck to the sauce, season with salt and pepper, and simmer very gently for ½ an hour.

TIME.—About 1 hour. COST, 3*s.* 6*d.* to 4*s.* 6*d.* SUFFICIENT for 4 persons.

DUCK, ROASTED, WILD.

INGREDIENTS.—1 wild duck, ½ pint of Espagnole sauce, 1 glass of port wine or claret, the juice of a lemon, watercress, salad-oil, salt and pepper.

METHOD.—Draw and truss the bird, and roast it in front of a clear fire or in a moderate oven for about 35 minutes, basting frequently. Make the sauce as directed, add to it the wine and lemon-juice, season to taste, and keep hot until required. Serve the duck on a hot dish, garnish with watercress, previously well washed, dried, and seasoned with pepper and salad-oil, and send the sauce to table in a sauceboat.

TIME.—About 40 minutes. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE from August to March.

DUCK, SALMI OF.

INGREDIENTS.—1 duck (or remains of cold ducks), 12 stoned French olives, 1½ oz. of butter, 1 oz. of flour, ¾ pint of stock, 1 medium sized Spanish onion, fat for basting, salt and pepper.

METHOD.—Singe, draw, and truss the duck, slice the onion, and put it into a baking-tin; place the duck on the top, baste with hot fat, and roast in a moderate oven for ½ an hour, basting frequently. In the meantime, melt the butter, stir in the flour, and cook over the fire until a brown roux or thickening is formed, then add the stock, stir until boiling, and simmer until required. When the duck is sufficiently roasted, remove the trussing strings, cut the bird into small joints, add these with the olives to the sauce, season well, and simmer gently for about ½ an hour. Return the baking-tin to the oven until the slices of onion are tender, then rub them through a fine hair sieve, and add them to the contents of the stewpan. Drain off every particle of fat, and add the sediment in the baking-tin to the sauce. When it is ready dish the salmi in the centre of a hot dish on a croûte of fried bread, pour over the sauce, and the olives. Serve hot.

TIME.—About 1 hour. COST, 4*s.* to 5*s.* SUFFICIENT for 5 persons.

DUCK, STEWED WITH GREEN PEAS.

INGREDIENTS.—Remains of cold roast ducks, 1 pint of brown sauce, 1 pint of shelled peas, 1 sprig of mint, 1 lump of sugar, lemon-juice.

METHOD.—Parboil the peas with the mint and sugar, and drain well. Divide the remains of the ducks into neat pieces, put them into the hot brown sauce, add the peas, season to taste, and simmer very gently for ½ an hour. Before serving, add a few drops of lemon-juice.

TIME.—From 45 to 60 minutes. AVERAGE COST, 1*s.*, exclusive of the ducks. SUFFICIENT for 3 or 4 persons. SEASONABLE from August to March.

DUCKS, ROASTED.

INGREDIENTS.—2 ducks, sage and onion stuffing (which see), ½ pint of stock, ½ oz. of flour, salt and pepper, apple sauce.

METHOD.—Stuff the body of the ducks with the onion farce or stuffing, and truss them as directed. Baste them well with hot fat, and roast them in front of a clear fire, or in a moderately hot oven, for about 1 hour, basting frequently. When done, pour off the fat, and if a thick gravy is preferred, brown the flour in the dripping-pan before adding the stock. Bring the gravy to boiling point, season to taste, simmer for 1 or 2 minutes, and serve in a sauceboat.

TIME.—From 1 to 1½ hours. AVERAGE COST, 7*s.* to 8*s.* SUFFICIENT for 8 or 9 persons. SEASONABLE from August to March.

FOWL, BOILED.

INGREDIENTS.—1 fowl, 1½ oz. of butter, 1½ oz. of flour, ¾ pint of stock, 1 onion, 1 carrot, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns, salt.

METHOD.—Truss the fowl for boiling. Have ready a saucepan just large enough to contain the fowl, and as much boiling stock or water as will cover it. Rub the breast of the bird with lemon, wrap it in a buttered paper, put it into the saucepan, bring to the boil, and skim well. Add the sliced vegetables, bouquet-garni, peppercorns, and salt if necessary, and cook very gently until the fowl is tender. A young fowl should be ready to serve at the end of 1 hour, but an old bird may need twice that length of time. Meanwhile, melt the butter in a stewpan, add the flour, cook for a few minutes without browning, pour in the stock (use some of the liquor in which the fowl was cooked if none other is at hand), and boil up, stirring all the time. Season to taste and simmer for 10 minutes, or until the fowl is ready. Remove the trussing string, place on a hot dish, pour over the sauce, which must be thick enough to coat it, garnish with chopped truffle, parsley, or hard-boiled yolk of egg, and serve.

Time.—From 1 to 2 hours, according to age. AVERAGE COST, 3*s.* 3*d.* to 4*s.* 6*d.* SUFFICIENT for 4 or 5 persons.

FOWL, BROWN FRICASSÉE OF.

INGREDIENTS.—The remains of cold roast fowls, 1 pint of stock, 1½ oz. of butter, 1½ oz. of flour, salt and pepper.

METHOD.—Divide the fowls into neat joints, and, when no stock is at hand, simmer the bones and trimmings for at least 1 hour, adding the usual flavouring vegetables. Melt the butter, fry the flour until lightly browned, add the stock, and stir until boiling. Season to taste, put in the pieces of fowl, let the stewpan stand for at least ½ an hour, where its contents will keep hot without cooking, then serve with the sauce strained over.

TIME.—About 1 hour. AVERAGE COST, 6*d.* to 9*d.*, in addition to the fowl. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

FOWL, CURRIED

(*See* **Chicken, Curried**).

FOWL, FRIED, WITH PEAS

(*See* **Fowl, Ragoût of**).

FOWL GALANTINE OF.

INGREDIENTS.—1 boned fowl, 1 lb. of sausage-meat, ½ lb. of ham or bacon, 2 hard-boiled eggs, 2 truffles, ½ oz. of pistachio nuts blanched, pepper and salt, aromatic spice.

METHOD.—Bone the fowl, cut it down the centre of the back, spread it out on the table, season the flesh well, and distribute it in such a manner that all parts are nearly of equal thickness. Spread on half the sausage-meat, on the top place narrow strips of bacon, slices of egg, slices of truffle, intersperse the nuts, season liberally with salt and pepper and cover with the remainder of the sausage-meat. Roll up tightly, fasten securely in a cloth, and simmer gently in stock for about 2 hours. When cooked, tighten the cloth and press between two boards or dishes until cold. Before serving glaze thickly and garnish with aspic jelly.

TIME.—About 2 hours, to cook the galantine. AVERAGE COST, 5*s.* 6*d.* to 8*s.* 6*d.*, according to size and quality of fowl. SUFFICIENT for 6 or 7 persons.

FOWL, HASHED.

INGREDIENTS.—The remains of cold roast fowls, 1 pint of stock, 1½ oz. of butter, 1½ oz. of flour, salt and pepper.

METHOD.—Divide the fowls into neat joints and, when no stock is at hand, simmer the bones and trimmings for at least 1 hour, adding the usual flavouring vegetables. Melt the butter, fry the flour until lightly browned, add the stock, and stir until boiling. Season to taste, put in the pieces of fowl, let the stewpan stand for at least ½ an hour, where its contents will keep hot without cooking, then serve with the sauce strained over.

TIME.—About 1 hour. AVERAGE COST, 6*d.* to 9*d.* in addition to the fowl. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

FOWL, RAGOÛT OF.

INGREDIENTS.—1 fowl, ¼ lb. of ham or bacon cut into dice, 2½ oz. of butter, 1½ oz. of flour, 1½ pints of stock, 1 onion finely chopped, salt and pepper.

METHOD.—Divide the fowl into neat joints. Heat the butter in a stewpan, fry the pieces of fowl until nicely browned, then remove and keep it hot. Fry the onion slightly, then sprinkle in the flour, cook slowly until well browned, and add the stock. Stir until boiling, season to taste, replace the fowl, put in the ham or bacon, and cover closely. Cook very gently from 1 to 1¼ hours, or until the fowl is tender, then serve with the sauce strained over. Cooked fowl may be substituted. It should remain in the sauce for about ½ an hour.

TIME.—About 1½ hours. AVERAGE COST, 3*s.* to 4*s.* 6*d.* SUFFICIENT for 5 or more persons, according to size.

FOWL, ROAST

(*See* **Chicken, Roast**).

GIBLET PIE.

INGREDIENTS.—1 set of goose giblets, 1 lb. of rump steak, 1 onion, a bouquet-garni (parsley, thyme, bay-leaf), puff, flaky, or rough paste, salt, pepper.

METHOD.—Wash the giblets, put them into a stewpan with the onion sliced, bouquet-garni, peppercorns, ½ a teaspoonful of salt, cover with cold water, and simmer gently from 1½ to 2 hours. Cut the steak into small thin slices, put a layer of them at the bottom of a piedish, add the giblets and the remainder of the steak in alternate layers, and season well. Strain the stock, season to

taste, pour over the meat to about ⅔ its depth, and add the remainder when the pie is baked. Cover with paste, bake in a brisk oven for about ½ an hour, then reduce the temperature, and continue the cooking for about 45 minutes longer. The appearance of the pie may be improved by brushing it over with yolk of egg either before baking or when it is three parts done. Before serving, pour in the remainder of the hot stock.

TIME.—To bake, from 1½ to 1¾ hours AVERAGE COST, 2*s.*, exclusive of the giblets. SUFFICIENT for 5 or 6 persons.

GIBLETS, STEWED.

INGREDIENTS.—1 set of goose giblets, ¾ pint of stock, 1 oz. of butter, 1 oz. of flour, salt and pepper.

METHOD.—Wash the giblets, cover them with stock and water, and stew them until tender. Remove the liver, neck, and tendons as soon as these are sufficiently cooked, and continue to stew the gizzard until it can be easily pierced with a fork. Meanwhile, heat the butter in a stewpan, fry the flour brown, and, when ready, remove the giblets, and strain ¾ pint of the stock on to the flour and butter. Stir until boiling, season to taste, put in the giblets, and when thoroughly hot, serve.

TIME.—About 2 hours. AVERAGE COST, 11*d.* to 1*s.* 3*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE, September to February.

GOOSE, HASHED

(*See* **Fowl, Brown Fricassée of**).

GOOSE, ROAST.

INGREDIENTS.—1 goose, onion stuffing, ¾ pint of good beef stock or gravy, apple sauce, fat for basting.

METHOD.—Prepare and truss the goose, put the onion forcemeat inside the body, baste it well with hot fat, and either roast or bake from 2 to 2½ hours, according to size and age. Baste frequently, and if the surface is not well browned dredge with flour when the bird is three-quarters cooked. Remove the trussing string, serve on a hot dish, and send the gravy and apple sauce to table in sauceboats.

TIME.—From 2 to 2½ hours. AVERAGE COST, from 6*s.* to 12*s.*, according to size. SUFFICIENT for 10 or more persons, according to size. SEASONABLE from September to February.

GUINEA FOWL, ROASTED.

INGREDIENTS. — 1 guinea-fowl bacon, fried breadcrumbs, bread sauce, Espagnole sauce, watercress, salad-oil, salt and pepper.

METHOD.—Truss the bird, cover the breast with slices of fat larding bacon, and roast it in front of a clear fire or in a moderately hot oven for about 1 hour. When ¾ cooked remove the bacon that the breast may brown. Wash, drain, and dry the watercress, and season it with salt, pepper, and a little salad-oil. Serve on a hot dish, garnish with watercress, and hand the fried breadcrumbs, bread sauce, and Espagnole sauce separately.

TIME.—About 1 hour. AVERAGE COST, from 4*s.* each. SUFFICIENT for 4 or 5 persons.

LARKS, BROILED.

INGREDIENTS.—1 dozen larks, 1 egg, breadcrumbs, salt and pepper, croûtes of toasted bread, butter.

METHOD.—Prepare the larks as directed in "Larks, Roasted," brush them over with beaten egg, and coat them carefully with breadcrumbs seasoned with a little salt and pepper. Broil over a clear fire for 10 minutes, and as soon as the breadcrumbs are set brush them lightly over with oiled butter. Serve on croûtes.

TIME.—About 10 minutes. AVERAGE COST, 2*s.* 3*d.* to 3*s.* SUFFICIENT for 5 or 6 persons. SEASONABLE, November to February.

LARKS, ROASTED.

INGREDIENTS. — 12 larks, 12 small thin slices of bacon, 12 round or oval pieces of buttered toast, fried breadcrumbs, watercress, salad oil, lemon, butter, or fat for basting, salt and pepper.

METHOD.—Pick and singe the birds, cut off the feet and remove the gizzards. Truss them in shape by means of a skewer, which should be long enough to hold six. Brush them over with hot butter or fat, cover each breast with a piece of bacon, and roast the birds before a hot fire for about 10 minutes, basting them constantly. Place each bird on a piece of toast, arrange them in a close circle on a hot dish, fill the centre with fried breadcrumbs, and garnish with cut lemons and watercress seasoned with salad-oil, salt and pepper.

TIME.—About 10 minutes, to roast. AVERAGE COST, from *2s.* to *3s.* per dozen. SUFFICIENT for 5 or 6 persons. SEASONABLE from November to February.

PIGEON PIE.

INGREDIENTS.—2 or 3 pigeons, 1 lb. of rump steak, ¼ lb. of ham or lean bacon, ¾ pint of good stock, 2 hard-boiled eggs, the yolk of 1 egg, puff, paste, salt and pepper.

METHOD.—Cut each pigeon into 4 pieces, cut the beef into small thin slices, the ham into strips, and the eggs into sections or slices. Put these ingredients into a piedish in layers, season well, and pour in stock to three-quarters fill the dish. Put on the cover (see Veal and Ham Pie), brush over with yolk of egg, bake in a quick oven until the paste is risen and set, then cook at a lower temperature for about 1 hour. Have ready a few of the pigeon's feet, scalded and the toes cut off, also the remainder of the stock. Before serving pour in the stock through the hole in the centre of the pie, and replace the pastry ornament with the feet, fixing them in a nearly upright position. The pie may be served either hot or cold; if the latter, the stock must form a jelly when cold.

TIME.—About 1½ hours, to bake the pie. AVERAGE COST, *4s.* to *4s. 6d.* SUFFICIENT for 6 to 8 persons. SEASONABLE at any time.

PIGEONS, GRILLED.

INGREDIENTS.—2 or 3 Bordeaux pigeons, salad-oil or oiled butter, salt and pepper.

METHOD.—Split the birds down the back, flatten them with a cutlet-bat, and skewer into shape. Brush over with oil or butter, season with salt and pepper, and grill over or in front of a clear fire from 15 to 20 minutes, turning frequently. Serve with tomato, piquante, brown, mushroom, or other suitable sauce.

TIME.—From 15 to 20 minutes. AVERAGE COST, *1s.* to *1s. 6d.* each. SUFFICIENT for 4 or 6 persons.

PIGEONS, ROASTED.

INGREDIENTS.—Pigeons, bacon, watercress, salad-oil, salt and pepper, Espagnole, tomato, or piquante sauce, croûtons of fried bread.

METHOD.—Draw and truss the birds, cover each breast with a slice of larding bacon, and roast before a clear fire or in a brisk oven for about 20 or 30 minutes, according to age and size. Baste frequently, and a few minutes before serving remove the bacon to allow the breasts to brown. Remove the trussing strings, replace the bacon, serve each bird on a croûton, garnish with watercress previously washed, dried, and seasoned with salt, pepper, and salad-oil, and serve the sauce in a sauceboat.

TIME.—From 20 to 30 minutes. AVERAGE COST, *1s.* to *1s. 6d.* each. SUFFICIENT, allow 1 bird for 2 persons.

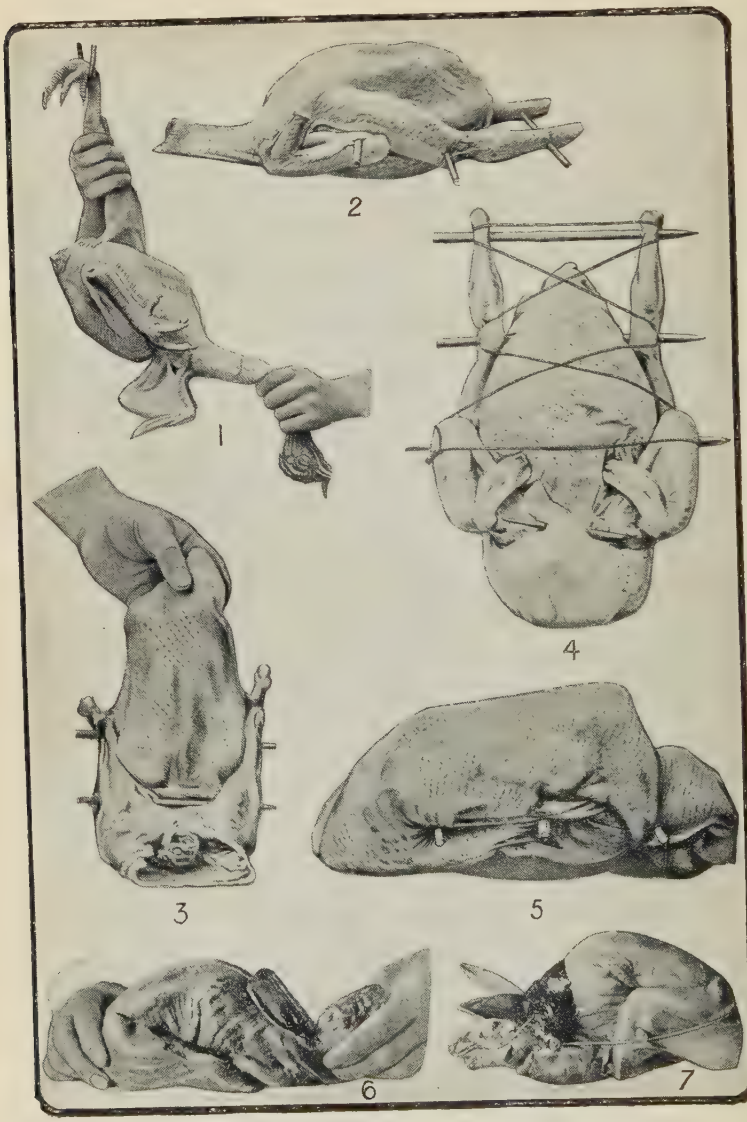
PIGEONS, STEWED.

INGREDIENTS.—3 pigeons, ¾ pint of Espagnole sauce, 1 glass of claret, 1 oz. of butter, ½ pint of shelled peas,

TRUSSING No. 3: FOWL FOR BOILING.

See directions on page 181.

TRUSSING No. 4: POULTRY, GOOSE, AND HARE.



See directions on pages 180, 181, and 182.

12 button onions, 6 or 7 very small carrots, salt and pepper, croûte of fried bread 1½ inch in thickness.

METHOD.—Cut each pigeon into 4 pieces and fry them brown in the butter. Have ready the hot Espagnole sauce, put in the pigeons and claret, cover closely, and stew gently for about 35 minutes, or until the birds are tender. Strain the butter into a small stewpan, put in the onions, and cook until tender and well browned. Boil the carrots and peas separately, and drain them well. Arrange the pigeons on the croûte, strain the sauce over, group the onions, peas, and carrots tastefully round the dish, and serve.

TIME.—To cook the pigeons, about 35 minutes. AVERAGE COST, from 4*s.* 6*d.* to 5*s.* SUFFICIENT for 5 or 6 persons.

PIGEONS WITH OLIVES, COMPÔTE OF.

INGREDIENTS. — 2 pigeons, 24 stoned French olives, ¾ pint of Espagnole sauce, 1½ oz. of butter, stock.

METHOD.—Divide each pigeon into quarters, and fry them brown in the butter. Have the sauce ready in a stewpan, put in the pigeons, cover closely, and cook them very gently for about 40 minutes, or until tender. Meanwhile, braise or stew the olives in a little good stock. Serve the pigeons on a hot dish, with the sauce strained over and the olives grouped at the base.

TIME.—About 1 hour. AVERAGE COST, 3*s.* to 3*s.* 9*d.* SUFFICIENT for 4 persons. SEASONABLE at any time.

TURKEY, BLANQUETTE OF.

INGREDIENTS.—The remains of a cold turkey, ¾ pint of stock, 1½ oz. of butter, 1 oz. of flour, 1 yolk of egg, 2 tablespoonfuls of cream, 1 small onion, 1 small blade of mace, nutmeg, salt and pepper.

METHOD.—Cut the turkey into neat slices, and set these aside until wanted. Put the bones, trimmings, onion, mace, and a little salt and pepper into a stewpan, cover with cold water, simmer gently for at least 1 hour, and strain. Heat the butter in a stewpan, add the flour, cook for a few minutes without browning, put in the stock, and stir until boiling. Simmer gently for 10 minutes, season to taste, add a pinch of nutmeg, put in the slices of turkey and let them become quite hot without boiling. Mix the cream and yolk of egg together, add them to the contents of the stewpan, stir gently for about 5 minutes, then serve.

TIME.—To re-heat the turkey, about 20 minutes. AVERAGE COST, 6*d.* to 8*d.*, exclusive of the turkey. SUFFICIENT for 1 dish.

TURKEY, BOILED.

INGREDIENTS.—1 turkey, sausage-meat (1 to 2 lb., according to size of turkey), forcemeat balls, a small head of celery, 1 pint of celery sauce, stock or water, 2 onions, 2 carrots, 1 small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns, salt.

METHOD.—Prepare and truss the turkey for boiling, stuff the crop with sausage-meat, wrap the bird in a well buttered paper, and put it into a pan containing as much boiling stock or water as will cover it. When the liquor boils, add the onions, carrots, and turnips cut into large pieces, the bouquet-garni, peppercorns, and salt to taste; put on the cover and cook gently from 1½ to 2½ hours, according to size. Meanwhile, make the forcemeat balls, and fry them in a little hot fat or butter. Cut the celery into neat pieces, and boil in well seasoned stock or water until tender. When the turkey is sufficiently cooked, remove the trussing skewers and strings, place on a hot dish, pour the sauce over, and garnish with groups of celery, dice and forcemeat balls. If preferred Béchamel sauce may be substituted for the celery sauce; in any case the quantity

provided should be proportionate to the size of the bird. Boiled ham or tongue usually accompanies boiled turkey.

TIME.—From 2 to 2½ hours. AVERAGE COST 6*s.* to 20*s.*, according to size of turkey and season. SEASONABLE from September to March. In best condition in December and January.

TURKEY, CROQUETTES OF

(*See* **Chicken Cutlets**).

TURKEY, DEVILLED.

INGREDIENTS.—Cold roast turkey, For the devilled butter: 1 oz. of butter, ½ a saltspoonful each of cayenne, black pepper, and curry-powder, a pinch of ground ginger, piquante sauce.

METHOD.—Mix the ingredients for the devilled butter together on a plate. Divide the turkey into pieces convenient for serving, remove all skin, score the flesh deeply, and spread lightly with the butter. Put aside, and let them remain for 1 hour, or longer when a highly-seasoned dish is desired, then grill over the fire, and serve with piquante or other suitable sauce.

TIME.—To grill, about 8 minutes. AVERAGE COST, 8*d.*, exclusive of the turkey.

TURKEY, HASHED

(*See* **Fowl, Brown Fricassée of**).

TURKEY, ROASTED.

INGREDIENTS.—1 turkey, 1 to 2 lb. of sausage-meat, 1 to 1½ lb. of veal forcemeat, 2 or 3 slices of bacon, 1 pint of good gravy, bread sauce, fat for basting.

METHOD.—Prepare and truss the turkey. Fill the crop with sausage-meat, and put the veal forcemeat inside the body of the bird. Skewer the bacon over the breast, baste well with hot fat, and roast in front of a clear fire or in a moderate oven from 1¾ to 2¼ hours, according to age and size of the bird. Baste frequently, and about 20 minutes before serving remove the bacon to allow the breast to brown. Remove the trussing strings, serve on a hot dish, and send the gravy and bread sauce to table in sauceboats.

TIME.—From 1¾ to 2¼ hours. AVERAGE COST, 10*s.* to 16*s.* SEASONABLE from September to February.

TURKEY, STEWED OR BRAISED.

INGREDIENTS.—1 small turkey, 2 or 3 slices of bacon, 4 oz. of butter, 2 onions sliced, 2 carrots sliced, 1 turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, salt and pepper, 1 pint of oyster sauce, stock.

METHOD.—Truss the bird as for roasting; heat the butter in a stewpan, fry the turkey until the whole surface is well browned, then remove it. Put in the vegetables, bouquet-garni, peppercorns, and a good seasoning of salt, and add stock to nearly cover the whole. Replace the turkey, lay the slices of bacon on the breast, cover closely, and cook gently for about 2 hours, or until the turkey is quite tender. If preferred, brown sauce may be substituted for the oyster sauce, in which case the bird might be stuffed as when roasted.

TIME.—About 2 hours. AVERAGE COST, 6*s.* 6*d.* to 8*s.* 6*d.*, exclusive of the sauce. SUFFICIENT for 8 persons. SEASONABLE, September to February.

RECIPES FOR COOKING GAME

BLACK COCK, GRILLED.

INGREDIENTS.—1 black cock, a little warm butter, ½ a teaspoonful of lemon-juice, a few drops of anchovy essence, ½ pint of brown sauce, salt and pepper.

METHOD.—Split the bird down the back, cut off the legs at the first joint, and skewer into as flat a shape as possible. Brush over with warm butter, sprinkle with salt and pepper, and grill over or in front of a clear fire from 25 to 30 minutes. The bird should be turned frequently, and occasionally brushed over with butter during the process of cooking. Make the sauce as directed, add to it the lemon-juice and anchovy essence, season to taste, strain and serve in a sauceboat. Fried potato chips or straws are frequently served with this dish.

TIME.—From 27 to 30 minutes. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* per brace. SEASONABLE from the middle of August to the end of November.

BLACK COCK, ROASTED.

INGREDIENTS.—Black cock, butter, toast, gravy, bread sauce, fried breadcrumbs.

METHOD.—Let the birds hang for a few days, for they will be tough and tasteless if not well kept. Pluck and draw them, and wipe the insides and outsides with a damp cloth, as washing spoils the flavour. Cut off the heads, and truss as a roast fowl, cutting off the toes, and scalding and peeling the feet. Baste the bird well with hot butter, and roast in front of a clear fire, or in a moderate oven, from 45 to 60 minutes, according to size, basting frequently with butter during the process. Dish on a slice of buttered toast, and serve the gravy, bread sauce, and breadcrumbs separately.

TIME.—From 45 to 60 minutes. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* per brace. SEASONABLE from the middle of August to the end of November.

GAME CUTLETS

(*See* **Chicken Cutlets**).

GAME, HASHED

(*See* **Duck, Salmi of**).

GAME, IN ASPIC JELLY.

INGREDIENTS. — Cold cooked game, hard-boiled eggs, thin strips of lean cooked ham, aspic jelly.

METHOD.—Rinse a plain mould with cold water, cover the bottom with a thin layer of liquid aspic, and, when set, decorate with stamped-out pieces of ham and white of egg. Fix the decorations with a little aspic, and, as soon as it has stiffened, add small pieces of game, previously seasoned and freed from skin and bone. Leave plenty of space to be filled with jelly, and let the jelly covering one layer of game become quite set before adding another. Let the mould remain on ice, or in a cool place until wanted, then turn out and serve.

GAME PIE

(*See* **Raised Pie, and Pigeon Pie**).

GROUSE PIE.

(*See* **Pigeon Pie, and Raised Pie**).

GROUSE, ROAST.

INGREDIENTS.—A brace of grouse, 2 slices of toast, butter, good brown gravy, bread sauce, fried breadcrumbs, bacon.

METHOD.—Let the birds hang in a cool, dry place for 3 or 4 days. When ready for use, pluck, draw, and truss them in the same manner as roast chicken. Tie over each breast a thin slice of bacon, and roast before a clear fire from 30 to 35 minutes, basting frequently with butter. When nearly done remove the bacon, dredge with flour, and baste well to give the birds a nice brown appearance. Toast the bread lightly, and when the birds are about ¾ cooked, put it into the dripping-tin to catch the gravy that drops from them. Dish on the toast, and serve the gravy, bread sauce, and breadcrumbs separately.

TIME.—From 40 to 45 minutes. AVERAGE COST, from 4*s.* the brace. SEASONABLE from August 12 to December 10.

HARE, HASHED.

INGREDIENTS.—Remains of cold roast hare, ¾ pint of brown sauce, 1 glass of port or claret, salt and pepper, red-currant jelly.

METHOD.—Cut the hare into neat slices, and put these aside while the bones and trimmings are being boiled for stock. Make the brown sauce as directed, and, when economy is an object, use equal parts of stock and stout instead of adding wine to the sauce when finished. Season the sauce to taste, put in the slices of hare, let them remain until thoroughly hot, then serve with red-currant-jelly.

TIME.—15 minutes, to re-heat the hare. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.*

HARE, JUGGED.

INGREDIENTS.—1 hare, 1½ pints of good stock, 1 glass of port wine or claret, 1 tablespoonful of lemon-juice, 3 oz. of butter, 1 oz. of flour, 1 medium-sized onion, 4 cloves, 12 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, veal forcemeat, red-currant jelly.

METHOD.—Prepare the hare as directed in Trussing Poultry and Game, and cut it into pieces about the size of a small egg. Heat 2 oz. of butter in a frying-pan, fry the pieces of hare brown, then put them into a stew-jar with a little salt, the onion stuck with cloves, 1 glass of wine, the lemon-juice, peppercorns, herbs, and the stock previously made hot. Cover the jar closely, and cook in a moderate oven for about 3 hours. When the oven is too hot the jar should be placed in a baking-tin surrounded by boiling water, or, when more convenient, the jar may stand in a saucepan of boiling water on the stove. About ½ an hour before serving knead the remaining oz. of butter and the flour together, stir into the stock, add the other glass of wine, and seasoning if necessary. Make the forcemeat as directed, shape it into small balls, fry in hot butter or fat, and drain well. Pile the pieces of hare on a hot dish, strain the gravy over, arrange the forcemeat balls round the base, and serve the red-currant jelly separately.

TIME.—To cook, about 3 hours. AVERAGE COST, 5*s.* 6*d.* to 6*s.* 6*d.* SEASONABLE from September to March.

HARE, ROASTED.

INGREDIENTS.—1 hare, bacon, veal forcemeat, ¾ pint of stock, 1 glass of port, 2 oz. of butter, 1½ oz. of flour, ½ a teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of finely-chopped parsley, a good pinch of thyme, salt and pepper, red-currant jelly, milk for basting.

METHOD.—Choose a young hare, which may be known by its smooth and sharp claws, and the narrow cleft in the lip. To be eaten in perfection it should hang about 8 days.

When ready for use, skin, draw and truss according to directions given in Trussing Poultry and Game. Forcemeat is a matter of taste; if used, it should be pressed lightly inside the hare and the body sewn up with a needle and strong cotton before trussing. Carefully truss, then brush the hare all over with warm butter or dripping, cover the back with slices of fat bacon, and tie it down with string in 3 or 4 places. Roast the hare in front of a clear fire or in a moderate oven from 1½ to 2 hours, basting it very frequently with milk, to which may be added, when economy is not an object, 1 or 2 oz. of butter. Meanwhile, remove the gall-bladder carefully from the liver, put the liver into cold water bring to the boil, cook for 5 minutes, then drain and chop finely. Melt the butter in a small stewpan, add the liver, onion, parsley, and thyme, fry for 10 minutes, then drain, and return the butter to the stewpan. If available, pound the liver, etc., in a mortar until smooth, and rub through a fine wire sieve. Re-heat the butter, stir in the flour, and cook over the fire until a nut-brown roux is obtained, then add the stock (if none is at hand substitute the milk for basting), stir until it boils, then add the liver preparation, season to taste, simmer for 10 minutes, and just before serving put in the wine. When the hare is rather more than three parts cooked remove the bacon, to allow the back to brown, dredging lightly with flour, and basting frequently with butter during the process. Remove the trussing strings, dish up on a hot dish, and serve with the liver, sauce and red-currant jelly separately.

TIME.—To roast, from 1½ to 2 hours. AVERAGE COST, 5*s.* to 6*s.* 6*d.* SEASONABLE from September to March.

LEVERET, ROASTED

(*See* **Hare, Roasted**).

ORTOLANS, ROASTED

(*See* **Snipe Roasted, and Quail Roasted**).

PARTRIDGE, ROASTED.

INGREDIENTS.—Partridge, brown gravy, bread sauce, fried breadcrumbs, slice of toast, butter for basting, 1 slice of bacon.

METHOD.—Pluck, draw, and truss in the same manner as a roast chicken. Cover the breast with a slice of fat bacon, and roast before a clear fire for about 30 minutes, basting frequently with hot butter. A few minutes before serving remove the bacon, dredge lightly with flour, and baste well to give the bird a nice pale brown appearance. Dish on the toast, and serve the gravy, breadcrumbs, and bread sauce separately.

TIME.—To roast, about 30 minutes. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* the brace. SEASONABLE from September 1 to February 12.

PHEASANT, CROQUETTES OF

(*See* **Chicken Cutlets**).

PHEASANT, ROASTED.

INGREDIENTS.—1 pheasant, ¼ lb. of beefsteak, fried breadcrumbs, bacon, brown gravy, bread sauce, watercress, salad-oil, salt and pepper.

METHOD.—Pluck and draw the bird, truss in the same way as a roast chicken, but leave the head on. Put the beefsteak inside the pheasant; the beefsteak is intended to improve the flavour of the bird and keep it moist, and not to be eaten with it, but it may afterwards be used in the preparation of some cold meat dish. Cover the breast with thin slices of bacon, or lard it with strips of fat bacon, and roast in front of a clear fire or in a moderate oven from 40 to 50 minutes, according to size and age. Baste frequently with butter, and when the cooking is about three-quarters completed remove the bacon, dredge

the breast slightly with flour, and baste well to give the bird a nice light brown appearance. Remove the trussing strings, serve on a hot dish, garnished with watercress previously well washed, dried, and seasoned with salt, pepper, and salad-oil, and send the gravy, bread sauce, and fried breadcrumbs to table separately.

TIME.—From 40 to 50 minutes. AVERAGE COST, 3*s.* to 4*s.* 6*d.* each. SEASONABLE from October 1 to February 12.

PLOVERS, ROASTED

(*See* **Snipe, Roasted**).

PTARMIGANS, ROASTED

(*See* **Partridge, Roasted**).

QUAILS, ROASTED.

INGREDIENTS.—Quails, as many vine-leaves, small slices of fat bacon, and square croûtons of buttered toast as there are birds, good brown gravy, fried breadcrumbs, watercress, butter for basting.

METHOD.—Pluck the birds, remove the head, neck, and crop, but leave the trail. Truss the birds for roasting, brush them over with warm butter, cover each breast with a vine-leaf, and tie a piece of bacon over the leaf. Attach them to a long steel skewer, running it through the body of each bird, and either roast or bake from 12 to 15 minutes, basting frequently with hot butter. When cooked, remove the skewers and strings, but the bacon and vine-leaves may be served or not as preferred. If not removed, the bacon should be brushed over with warm glaze. Serve the birds on the toast, which should previously be put into the dripping-tin to catch the trail as it drops from the birds, garnish with water-cress, and send the gravy and breadcrumbs to table in sauceboats.

TIME.—From 12 to 15 minutes. AVERAGE COST, 1*s.* each. SEASONABLE from September to February.

RABBIT, BOILED.

INGREDIENTS.—1 rabbit, 1 onion, 1 carrot, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt, onion sauce, boiled or fried bacon.

METHOD.—Wash and truss the rabbit, put it into boiling water; when the water re-boils add the vegetables cut into large pieces, the bouquet-garni, peppercorns, and a teaspoonful of salt. Cook gently from 45 to 60 minutes, according to the age and size of the rabbit. Remove the skewers, serve on a hot dish, coat with onion sauce, and send the remainder to table in a sauceboat. Serve the bacon on a separate dish, unless small rolls are preferred, when they may be used as garnish. The liquor in which the rabbit is cooked may be served separately as broth, or afterwards converted into a white soup.

TIME.—From 45 to 60 minutes. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SUFFICIENT, one large rabbit for 4 persons.

RABBIT, BROWN STEW OF.

(*See* **Fowl, Ragoût of**).

RABBIT, CURRIED.

(*See* **Curried Chicken**),

RABBIT, FRICASSÉE OF.

INGREDIENTS.—1 young rabbit, 2 oz. of butter, 1½ oz. of flour, white stock, ½ pint of milk, 2 onions sliced, 1 carrot sliced, ½ a small turnip sliced, 1 or 2 strips of celery shredded, a bouquet-garni (parsley, thyme, bay-leaf), 1 blade of mace, 6 white peppercorns, salt and pepper.

METHOD.—Cut the rabbit into neat joints, and after rinsing in warm water, place them in a stewpan, and add just sufficient white stock to cover. Bring to boiling point, add the prepared vegetables, peppercorns, and a little salt, cover closely, and cook gently for about 1¼ hours, or until the rabbit is

tender, adding a little milk from time to time to replace the stock. Meanwhile, melt the butter, add the flour, stir and cook gently without browning, and put aside until wanted. When ready, take up the rabbit and keep it hot, strain and add ¾ pint of the stock to the blended flour and butter, stir until boiling, and simmer gently for 10 minutes. Pass the vegetables through a fine sieve, and stir the purée into the sauce. Season to taste, replace the rabbit, make thoroughly hot, then serve.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SUFFICIENT for 3 or 4 persons. SEASONABLE from September to March.

RABBIT PIE.

INGREDIENTS.—1 rabbit, ½ lb. of bacon or pickled pork, ½ lb. of beefsteak, ½ pint of stock, salt and pepper, short crust or puff paste.

METHOD.—Wash the rabbit, divide it into small joints, cut the beef into small thin slices, and the pork into dice. Place these ingredients in layers in a piedish, season each layer liberally with salt and pepper, and three-quarters fill the dish with stock. Cover with paste (*see* Veal and Ham Pie), bake from 1¾ to 2 hours in a brisk oven until the paste has risen and set, and afterwards more slowly. Before serving, add the remainder of the hot stock to the pie. When the pie is intended to be eaten cold, forcemeat balls and hard-boiled eggs will be found an improvement, and the appearance may be improved by brushing it over with yolk of egg when three-quarters baked.

TIME.—To bake, from 1¾ to 2 hours. AVERAGE COST, 2*s.* 3*d.*, exclusive of the paste. SUFFICIENT for 6 or 7 persons.

RAISED PIE.

INGREDIENTS.—Game of any kind, equal quantities of finely-chopped veal and pork, veal forcemeat, paste (*see* Veal and Ham Pie), coarsely-chopped truffle, stock that will jelly when cold (preferably game stock), egg, salt and pepper.

METHOD.—Mix the veal and ham together, season liberally with salt and pepper, and add 1 or 2 tablespoonfuls of chopped truffle. Divide the birds into neat joints, and remove all bones except those which are deeply embedded in the flesh and difficult to detach. Make and mould the paste and line the bottom and sides with veal forcemeat. Put in the prepared game, season each layer with salt and pepper, and intersperse small pieces of the meat farce, taking care to leave spaces to be afterwards filled with stock. Pile the game high in the centre, cover with a thin layer of veal farce, put on the cover, then follow the directions given for preparing, baking, and finishing Veal and Ham Pie, etc.

ROOK PIE

(*See* **Pigeon Pie**).

SNIPE, ROASTED.

INGREDIENTS. — Snipe, toast, bacon, good gravy, watercress, butter for basting.

METHOD.—These birds, like the ortolan, plover, and woodcock, are dressed without being drawn. They are trussed in the same way as other birds for roasting, but the head is skinned and left on, the long beak of the bird being passed through the legs and body instead of a skewer. Brush them over with warm butter, tie a thin slice of fat bacon over each breast, and hang them on the spit feet downwards. Put the toast under them to catch the drippings from the trail, baste frequently with butter, and roast them for about 15 minutes, or less if preferred very much underdone. Dish on the toast, garnish with watercress, and serve the gravy in a sauceboat.

TIME.—About 15 minutes. AVERAGE COST, 2*s.* 6*d.* to 3*s.* 6*d.* the brace. SEASONABLE from November to February.

TEAL, ROASTED.

INGREDIENTS.—Teal, butter for basting, good brown gravy, orange, savoury sauce, watercress, lemons.

METHOD.—Pluck, draw, and truss the teal for roasting. Brush them over with hot butter, and roast before a clear fire from 25 to 30 minutes, basting frequently. Serve on a hot dish, garnish with watercress and quarters of lemon, and send the sauce to table in a sauceboat.

TIME.—From 25 to 30 minutes. AVERAGE COST, from 2*s.* each. SEASONABLE from October to March 15 ; best after the frost has set in.

VENISON, HAUNCH OF, ROASTED.

INGREDIENTS. — A haunch of venison, flour, brown sauce or brown gravy, red currant jelly.

METHOD.—The haunch is the prime part of venison, and its excellence depends greatly on the relative proportions of fat and lean. An abundance of clear, creamy-white fat of close texture may be generally accepted as an indication of the good quality of the meat. The flesh of the buck is more highly esteemed than that of the doe. Venison, like mutton, improves with age, and this can be judged by the condition of the hoof, which in an old animal is deeply cut and rugged, whereas that of a young one has a small and smooth cleft. In cold weather, venison should be allowed to hang for about 14 days in a cool, dry place, but it must be carefully examined every day. The meat round the haunch bone first becomes tainted ; it is therefore advisable to run a small sharp knife into the flesh ; on being withdrawn, if it has an unpleasant smell, the affected parts must at once be washed with warm milk and water, dried thoroughly, and covered thickly with ground ginger and pepper, which must, however, be washed off before cooking. If a little of these condiments be sprinkled on the venison in the first instance, and the meat wiped dry every day, decomposition may be considerably retarded. When ready for use, saw off the knuckle-bone, rub well all over with clarified fat or dripping, and enfold in a well-greased paper. Make a stiff paste of common flour and water, put it over the joint, cover with another well-greased paper, and tie securely with string. Roast in front of a clear fire or in a moderate oven from 3 to 4 hours, according to size, and baste frequently. Within ½ an hour of serving, remove the paper and paste, dredge lightly with flour, and baste well with hot butter until the joint acquires a good brown colour. Serve as hot as possible as the fat quickly cools and hardens, and send the brown sauce or gravy and the red currant jelly to table separately. The best end of the neck of venison, boned and rolled, makes an excellent dish, but other parts are not often roasted, the neck and shoulder being considered better adapted for stews, pies, and pasties.

AVERAGE COST.—1*s.* 6*d.* per lb. SEASONABLE, buck venison from June to the end of September ; doe venison from October to January.

WIDGEONS, ROASTED

(*See* **Teal, Roasted**).

WILD DUCK, ROASTED

(*See* **Duck, Wild, Roasted**).

WILD DUCK, SALMI OF.

INGREDIENTS.—The remains of cold roast wild ducks, 1 pint of stock made from the bones and trimmings of game, 1 glass of port wine or claret, 1½ oz. of butter, 1 oz. of flour, 1 teaspoonful each of orange-juice and lemon-juice, a few thin strips of fresh orange-rind, 1 small onion, 2 or 3 sprigs of thyme, 1 bay-leaf, salt and pepper, cayenne.

METHOD. — Follow directions given in "Duck, Salmi of."

WOODCOCK, ROASTED

(*See* **Snipe, Roasted**).

1. Chaudfroid of Capon. 2. Chicken Quenelles and Peas. 3. Fricassée of Chicken.

1. Spinach Crôutes. 2. Vegetable Marrow. 3. Boiled Artichokes.

RECIPES FOR COOKING VEGETABLES

ARTICHOKES, BOILED.

INGREDIENTS.—2–3 Globe artichokes, salt, Hollandaise or other suitable sauce.

METHOD.—Wash the artichokes in several waters, cut off the stems and, if necessary, trim the leaves. Put them into boiling water, add about 1 teaspoonful of salt to each quart of water, and if the water be hard or the vegetable old, also add a piece of soda, the size of a Spanish nut. Keep the saucepan uncovered and boil quickly from 25 to 30 minutes, or until the vegetables are tender. Drain well, and serve with Hollandaise, white, or other suitable sauce, or, if preferred, oiled butter.

TIME.—From 25 to 30 minutes. AVERAGE COST, from 3*d.* to 6*d.* each. SEASONABLE from July to October.

ARTICHOKES, FRIED.

INGREDIENTS.—6 artichokes. For the batter: 2 tablespoonfuls of flour, 2 tablespoonfuls of milk, 1 tablespoonful of salad-oil, 1 egg, salt.

METHOD.—Trim and boil the artichokes as in the preceding recipe. When they are quite tender take them up, remove the fibrous internal part, called the "choke," and divide the bottoms into 3 or 4 pieces, according to size. Mix the flour, salt, salad-oil, milk, and yolk of the egg smoothly together, and let it stand for a time. When ready to use, beat the white to a stiff froth, and stir it lightly into the batter. Have ready a deep pan of boiling fat, dip the pieces of artichoke into the batter, take them out on the point of a skewer, drop them into the fat, and fry light brown. Garnish with fried parsley, and serve with white sauce.

TIME.—25 to 30 minutes to boil the artichokes; 5 to 7 minutes to fry them. AVERAGE COST, from 1*s.* 10*d.* to 3*s.* SUFFICIENT for 5 or 6 persons. SEASONABLE from July to October.

ARTICHOKES, JERUSALEM, BOILED.

INGREDIENTS.—1½ to 2 lb. Jerusalem artichokes, vinegar, salt, water, white sauce, or melted butter sauce.

METHOD.—Wash the artichokes and peel them, put them at once into the vinegar and water to preserve their colour. Have ready a saucepan of boiling water, to each quart allow a heaped teaspoonful of salt and a teaspoonful of vinegar, put in the artichokes, and boil gently for about 20 minutes. They should be tried frequently after a quarter of an hour, as they are apt to break and become discoloured if overcooked. Drain well, and serve in a hot vegetable dish, with the sauce poured over.

TIME.—About 20 minutes. AVERAGE COST, 2*d.* or 3*d.* per lb. SEASONABLE from October to June.

ARTICHOKES, JERUSALEM, MASHED.

INGREDIENTS.—2 lb. of artichokes, 1 oz. of butter, 2 tablespoonfuls of cream, salt and pepper.

METHOD.—Wash, peel, and boil the artichokes in the same manner

as potatoes. Drain well, rub them through a fine sieve, replace them in the stewpan with the butter, cream, and pepper, stir over the fire until the purée is quite hot, then serve.

TIME.—From 30 to 35 minutes. AVERAGE COST, from 2*d.* to 3*d.* per lb. SEASONABLE from October to June.

ASPARAGUS, BOILED.

INGREDIENTS.—1 bundle asparagus, salt, water, toast.

METHOD.—Scrape the white part of the stems, beginning from the head, tie them into bundles of about 20 each, keeping all the heads in one direction. Cut the stalks evenly, and keep the asparagus in cold water until it is time to cook it. Have ready a saucepan of boiling water, add a heaped teaspoonful of salt to each quart of water, put in the asparagus and boil gently for about 20 minutes, or until tender. Dish on toast, and serve with Hollandaise, white, or other suitable sauce, or, if preferred, oiled butter.

TIME.—About 20 minutes. AVERAGE COST, from 2*s.* to 3*s.* 6*d.* per 100 heads. SEASONABLE from April to July.

BEANS, FRENCH OR KIDNEY, BOILED.

INGREDIENTS. — French beans, salt.

METHOD.—Cut off the heads, tails, and a thin strip on each side of the beans, so as to remove the string. Cut the beans in a slanting direction into slips, and, as they are cut, drop them into cold water. Have ready a saucepan of boiling water, and 1 heaped teaspoonful of salt to each quart of water, and a small piece of soda if the beans are old. Put in the beans, keep the saucepan uncovered, and boil briskly from 15 to 25 minutes, according to age. Drain well, sprinkle with pepper, then serve.

TIME.—To boil the beans, from 15 to 25 minutes. AVERAGE COST, from 3*d.* to 1*s.* per lb., according to season. SEASONABLE from July to October.

BEETROOT, BOILED.

INGREDIENTS.—Beetroot, boiling water.

METHOD.—When large, young and juicy, this vegetable makes a very excellent addition to winter salads, and may easily be converted into an economical and quickly-made pickle. Beetroot is more frequently served cold than hot, when the latter mode is preferred melted butter should be sent to table with it. Beetroot may also be stewed with button onions or boiled and served with baked onions. Wash the beets thoroughly, but do not prick or break the skins before they are cooked, or they will lose some of their beautiful colour in boiling. Put them into boiling water, and let them boil until tender, keeping them well covered. If the beets are to be served hot, rub off the peel quickly, cut the beet into thick slices, and send to table with melted butter. For salads, pickle, etc., let the root cool, then peel by rubbing, and cut into slices.

TIME.—Small beetroot, 1½ to 2 hours; large 2½ to 3 hours. AVERAGE COST, 1*d.* to 3*d.* each. SEASONABLE at any time.

Note.—In boiling beetroot great care must be taken not to damage the skin, otherwise it will "bleed," becoming white and tasteless. Should the skin be accidentally broken it is better to bake them in a moderate oven, previously covering the damaged part with a little flour paste.

BEETROOT PICKLE

INGREDIENTS.—6 medium-sized beetroots, 1 quart of malt vinegar, ½ an oz. of whole black pepper, ½ an oz. of allspice, 1 small horseradish grated, salt to taste.

METHOD.—Wash the beetroots well, taking care not to break the skins, and bake them in a moderate

oven for 1½ hours. When cool enough to handle remove the skins, cut the beetroots into ½-inch slices, and place them in jars. Meanwhile boil the vinegar, horseradish, pepper and spice together, let the mixture become quite cold, then pour in over the beetroot. Cover the jars closely with parchment paper coated on both sides with white of egg, and store until required in a cool dry place.

TIME.—From 2 to 3 hours. AVERAGE COST, 1*s.* 4*d.*

BEETROOTS, BAKED
(*See* **Beetroot, Boiled**).

BEETROOTS, STEWED
(*See* **Beetroot, Boiled**).

BROAD BEANS, WITH PARSLEY SAUCE.

INGREDIENTS.—2 pints of broad beans, ½ pint of stock, a small bunch of savoury herbs, including parsley, a small lump of sugar, the yolk of 1 egg, ¼ pint of cream, pepper and salt to taste.

METHOD.—Procure some young and freshly gathered beans, and shell sufficient to make 2 pints; boil them as in the recipe for Broad or Windsor Beans, until nearly done, then drain them and put them into a stewpan with the stock, finely-minced herbs, and sugar. Stew the beans until they are perfectly tender and the liquor has reduced a little, then beat up the yolk of an egg with the cream, add this to the beans. Let the whole get thoroughly hot, and when on the point of simmering, serve. Should the beans be very large the skins should be removed previously to boiling them; they are, however, more quickly removed after they are boiled.

TIME.—10 minutes to boil the beans, 15 minutes to stew them in the stock. AVERAGE COST, unshelled 6*d.* to 10*d.* per peck. SUFFICIENT for 5 or 6 persons. SEASONABLE in July and August.

BROAD OR WINDSOR BEANS.

INGREDIENTS.—1 peck of broad or Windsor beans, salted water, parsley sauce.

METHOD.—This favourite vegetable to be nice should be young and freshly gathered. After shelling the beans, put them into boiling water, salted to taste, and boil rapidly until tender. Drain them well in a colander, dish and serve separately a boat of parsley sauce, Boiled bacon often accompanies this vegetable, but should be cooked separately. This dish is usually served with the beans laid round the bacon, and the parsley butter sauce in a tureen. Beans also make an excellent garnish to a ham; when used for this purpose they should have their skins removed.

TIME.—Very young beans, 15 minutes; when of a moderate size 20 to 25 minutes, or longer. AVERAGE COST, unshelled, 6*d.* to 10*d.* per peck. ALLOW 1 peck for 6 or 7 persons. SEASONABLE in July and August.

BROCCOLI, BOILED.

INGREDIENTS.—Broccoli. To each ½ gallon of water, allow 1 heaped tablespoonful of salt.

METHOD.—Strip off the dead leaves, and cut off the inside ones level with the flower, cut off the stalk close to the bottom, and put the broccoli into cold salt and water or vinegar and water, with the heads downwards. Let them remain for about ¾ of an hour, then put them into a saucepan of boiling water, salted in the above proportion, and keep them boiling gently with the stalk upwards and the saucepan uncovered. Take them up with a slice the moment they are done; drain them well, and serve with a tureen of melted butter, a little of which should be poured over the broccoli. If left in the water after it is done, the broccoli will break, its colour will be spoiled,

and its crispness lost. If boiled too fast they break.

TIME.—Small broccoli, 10 to 15 minutes; large broccoli, 20 to 30 minutes; AVERAGE COST, 2*d.* to 3*d.* each. SEASONABLE from October to March.

Note.—It is a good plan to place a small piece of toast or crust of bread in the saucepan in which any vegetable of the cabbage tribe is boiled, as this absorbs the unpleasant odour generated during the cooking.

BRUSSELS SPROUTS, BOILED.

INGREDIENTS.—Brussels sprouts. To each ½ gallon of water allow 1 heaped tablespoonful of salt, a very small piece of soda, white sauce, or parsley butter.

METHOD.—Clean the sprouts from insects, wash them, and pick any dead or discoloured leaves from the outsides; put them into a saucepan of boiling water, with salt and soda in the above proportion; keep the pan uncovered, and let them boil quickly until tender; drain, dish, and serve with a tureen of melted butter; maître d'hôtel sauce is sometimes poured over them. Another method of serving is to toss the sprouts in about 1 oz. of butter and a seasoning of pepper and salt. They must, however, be sent to table very quickly, for on account of the smallness of the sprouts this vegetable soon cools.

TIME.—From 10 to 15 minutes, after the water boils. AVERAGE COST, 2*d.* to 3*d.* per lb. SEASONABLE from September to March.

CABBAGE, BOILED.

INGREDIENTS.—Cabbages. To each ½ gallon of water, allow 1 heaped tablespoonful of salt, a very small piece of soda.

METHOD.—Pick off all the dead outside leaves, cut off as much of the stalk as possible, and cut the cabbages across twice at the stalk end; if very large, quarter them. Wash them well in cold water, place them in a colander, and drain; then put them into plenty of fast-boiling water, to which have been added salt and soda in the above proportions. Stir the cabbages once or twice in the water, keep the pan uncovered, and let them boil quickly until tender. The instant they are done take the cabbages up into a colander, place a plate over them, let them thoroughly drain, dish, cutting them into squares.

TIME.—Small young cabbages, 15 to 20 minutes; large cabbages and savoys, from 30 to 40 minutes. AVERAGE COST, from 1*d.* each. SEASONABLE all the year.

CABBAGE, MINCED.

INGREDIENTS.—1 cabbage, 1½ oz. of butter, 1 oz. of flour, 2 tablespoonfuls of vinegar, salt and pepper, hard-boiled eggs.

METHOD.—Boil, press the cabbage dry, and chop it finely. Heat the butter in a frying-pan, sprinkle in the flour, mix smoothly, and put in the cabbage. Add salt and pepper to taste, put in the vinegar, stir over the fire for 5 or 6 minutes, then serve garnished with sections of hard-boiled egg.

TIME.—Altogether, from 1 to 1¼ hours. AVERAGE COST, 6*d.* to 8*d.*, exclusive of the eggs. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

CABBAGE, RED, STEWED.

INGREDIENTS.—1 red cabbage, 1 small slice of ham, ½ oz. of fresh butter, 1 pint of fresh stock, 1 gill of vinegar, salt and pepper to taste, 1 tablespoonful of pounded sugar.

METHOD.—Cut the cabbage into very thin slices, put it into a stewpan, with the ham cut in dice, the butter, ½ pint of stock, and the vinegar; cover the pan closely, and let it stew for 1 hour. When it is very tender, add the remainder of the stock, a seasoning of salt and pepper, and the pounded sugar; mix the ingredients well together, stir over the fire until nearly all the liquor has dried away, and serve.

Fried sausages are usually sent to table with this dish: they should be laid round and on the cabbage as a garnish.

TIME.—Rather more than 1 hour. AVERAGE COST, 1*s.* without sausages. SEASONABLE from September to January.

CARROTS, BOILED.

INGREDIENTS.—To each ½ gallon of water allow 1 heaped tablespoonful of salt, carrots.

METHOD.—Cut off the green tops, wash and scrape the carrots, and remove any black specks. If the carrots are very large, cut them in halves, divide them lengthwise, into 4 pieces, and put them into boiling water salted in the above proportion; let them boil until tender, which may be ascertained by piercing the carrots with a skewer or fork, then drain well. Young carrots should be boiled whole.

TIME.—Young carrots, about ½ an hour; old ones, from 1 to 1½ hours. AVERAGE COST, young carrots, from 6*d.* to 8*d.* a bunch. SEASONABLE, young carrots, from April to June; old ones at any time.

CARROTS, STEWED.

INGREDIENTS.—6 or 7 large carrots, ½ pint of stock, ¼ pint of milk, 1 tablespoonful of cream, 1 oz. of butter, 1 oz. of flour, salt and pepper.

METHOD.—Scrape the carrots, put them into boiling water, boil rapidly until half cooked, then drain and cut them into rather thin slices. Heat the butter in a stewpan, stir in the flour, add the stock and milk, and stir over the fire until a smooth sauce is obtained. Season to taste, put in the sliced carrots, simmer very gently until they are tender, stirring occasionally, then add the cream, and serve.

TIME.—From 1 to 1¼ hours. AVERAGE COST, about 9*d.* SEASONABLE at any time. SUFFICIENT for 5 or 6 persons.

CARROTS WITH PARSLEY SAUCE.

INGREDIENTS.—2 lb. of small new carrots, 1 oz. of butter, 1 dessertspoonful of finely-chopped parsley, the juice of ½ a lemon, salt and pepper.

METHOD.—Wash and trim the carrots; if very young, allow 2 or 3 of the tiny leaves at the top to remain, as this adds to the appearance when served. Put them into boiling water slightly salted, and boil for about 15 minutes, or until tender. When done, drain off the water, put in the butter, parsley, and lemon-juice, season with salt and pepper, toss over the fire for a few minutes, then serve.

TIME.—About 20 minutes. AVERAGE COST, 6*d.* to 8*d.* per bunch. SEASONABLE from March to June.

CAULIFLOWER, BAKED, WITH CHEESE.

INGREDIENTS.—2 or 3 small cauliflowers, ¾ pint of white sauce, 2 tablespoonfuls of grated cheese, preferably Parmesan, 1 tablespoonfull of brown breadcrumbs, 1 oz. of butter.

METHOD.—Boil the cauliflowers as in the following recipe, drain well and divide them into pieces convenient for serving. Have ready a round gratin dish, or any fireproof dish that may be sent to table, butter it well, and in it arrange the pieces of cauliflower so as to appear as one large one. Mix ⅔ of the cheese with the COLD white sauce, and the remainder with the breadcrumbs; pour the sauce over the cauliflower, and cover the surface with the mixed breadcrumbs and cheese. Place small pieces of butter on the top, and bake in a moderate oven until well browned.

TIME.—About 40 minutes. AVERAGE COST, 10*d.* to 1*s.* SEASONABLE from June to October; broccoli from October to March.

CAULIFLOWER, BOILED WITH WHITE SAUCE.

INGREDIENTS.—2 cauliflowers (to ½ gallon of water allow 1 heaped tablespoonful of salt), white sauce.

METHOD.—Choose cauliflowers that are close and white, trim off the decayed outside leaves, and cut the stalk off flat at the bottom. Open the flower a little in places to remove the insects, which generally are found about the stalk, and let the cauliflowers lie in salt and water for an hour previous to dressing them, with their heads downwards; this will effectually draw out all insects. Put them into fast-boiling water, with the addition of salt in the above proportion, and let them boil gently, keeping the saucepan uncovered. The water should be well-skimmed. When the cauliflowers are tender, take them up with a slice, let them drain, and lay them carefully in the dish. Serve with white sauce or else plain melted butter, a little of which may be poured over the cauliflower.

TIME.—Small cauliflower, 12 to 15 minutes; a large one, 20 to 25 minutes, after the water boils. COST, from 3*d.* to 4*d.* each. SEASONABLE from June to November.

CELERY.

METHOD. — This vegetable is generally eaten raw, and is served with cheese. Let the roots be washed free from dirt, all the decayed and outside leaves being cut off, preserve as much of the stalk as possible, and carefully remove all specks and blemishes. Should the celery be large, divide it lengthwise into quarters, and place it root downwards in a celery-glass, which should be rather more than half filled with water. The top leaves may be curled by shredding them in narrow strips with the point of a knife to a depth of about 2 inches from the top.

COST.—From 2*d.* per head. SEASONABLE from September to February.

CELERY, BRAISED.

INGREDIENTS.—3 or 4 heads of celery, seasoning, ½ pint of rich stock, 2 or 3 slices of streaky bacon, a little brown or Espagnole sauce, and a small piece of meat glaze.

METHOD.—Trim and wash the celery, cut each head into 2 or 3 portions, and tie up each with 4-inch lengths of thin twine. Range them into a well-buttered sauté-pan, season with salt, pepper, and nutmeg, and moisten with the stock. Cut the bacon into strips, fry them a little, and put these on top of the celery. Cover the pan, and put it in a hot oven to cook its contents for about 30 minutes. When done, take up, drain the celery, and reduce the liquor, adding a little brown or Espagnole sauce to it; also the meat glaze. Dress the celery on a vegetable dish, strain over the sauce, and serve hot.

TIME.—1 hour. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE, November to February.

CELERY, FRIED.

INGREDIENTS.—Celery, frying-batter, frying-fat.

METHOD.—Prepare and boil the celery, as directed in Celery with White Sauce, and cut it into short lengths. Have ready some frying-batter and a deep pan of hot fat, dip each piece of celery separately into the batter, and fry until crisp and lightly browned. Drain well, and serve at once.

TIME.—To fry the celery, from 4 to 5 minutes. AVERAGE COST, 2*d.* to 3*d.* per head. SUFFICIENT, allow 1 head for 2 persons. SEASONABLE from September to February.

CELERY WITH WHITE SAUCE.

INGREDIENTS.—2 or 3 heads of celery, ½ pint of white sauce, salt, toast.

METHOD.—Wash the celery, re-

move the outer stalks and the greater part of the root, trim away the green tops, and cut each head lengthwise into four. Have ready a saucepan of slightly-salted boiling water, put in the celery, and cook from 30 to 35 minutes, or until the root may be easily pierced with a skewer. Drain well, dish on the toast, pour over the sauce, and serve.

TIME.—From 30 to 35 minutes. AVERAGE COST, from 2*d.* per head. SEASONABLE from September to February.

CUCUMBER WITH PARSLEY SAUCE.

INGREDIENTS.—2 medium-sized cucumbers, ½ pint of white sauce, 1 oz. of butter, the yolks of 2 eggs, ½ a teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of finely-chopped parsley, salt and pepper.

METHOD.—Pare the cucumbers, put them into boiling water, cook for about 10 minutes, then drain well and cut them into slices about 1 inch in thickness. Heat the butter in a stewpan, put in the sliced cucumber, shallot, and a good seasoning of salt and pepper; toss over the fire for a few minutes, then add the white sauce. Just before boiling point is reached add the yolks of eggs and parsley, stir and cook gently until the eggs thicken, then season to taste and serve.

TIME.—About 30 minutes. AVERAGE COST, from 1*s.* 3*d.* to 1*s.* 6*d.* OBTAINABLE at any time, cheapest in July and August.

ENDIVE.

This vegetable is generally served as a salad, but may also be served hot, stewed in cream, brown gravy, or butter; but when dressed thus, the sauce it is stewed in should not be very highly seasoned, as that would destroy and overpower the flavour of the vegetable.

AVERAGE COST.—From 2*d.* per head. SEASONABLE from November to March.

HARICOT BEANS AND MINCED ONIONS.

INGREDIENTS.—1 pint of white haricot beans, 4 medium-sized onions, ¼ pint of good brown gravy, pepper and salt to taste, a little flour, ½ oz. of butter.

METHOD.—Peel and mince the onions, not too finely, fry them in butter until they acquire a light-brown colour, then dredge over them a little flour, and add the gravy and a seasoning of pepper and salt. Have ready a pint of haricot beans well boiled and drained, put them with the onions and gravy, mix all well together, and serve very hot.

TIME.—Altogether, about 2¼ hours. AVERAGE COST, 4*d.* per quart. SEASONABLE at any time.

HARICOT BEANS, BOILED.

INGREDIENTS.—1 quart of white haricot beans, 2 quarts of water, 1 oz. of butter, 1 heaped tablespoonful of salt.

METHOD.—Put the beans into cold water, and let them soak for several hours, according to their age; then put them into cold water, salted in the above proportion, bring them to the boil, and let them simmer very slowly until tender. Pour away the water, and let them stand by the side of the fire, with the lid of the saucepan partially off, to allow the beans to dry; then add 1 oz. of butter and a seasoning of pepper and salt. Toss the beans for about 5 minutes, then dish up and serve.

TIME.—After the water boils, from 2 to 2½ hours. AVERAGE COST, 4*d.* per quart. SUFFICIENT for 6 or 8 persons. SEASONABLE at any time.

HARICOTS À LA BONNE FEMME.

INGREDIENTS.—1 quart of white haricot beans, ¼ lb. of butter, ¼ oz. of salt, 2 quarts of water, 1 tea-

spoonful of chopped parsley, salt and pepper.

METHOD. — Place the haricot beans in water with the above proportion of salt; let them boil, then draw the saucepan to the corner of the fire, and let them simmer gently until the bean is easily crushed between the thumb and finger, which will be in about 2 hours. Drain them and return them to the saucepan; add the butter, parsley, salt and pepper to taste, and ¼ pint of the liquor in which the beans were boiled. Shake the saucepan over the fire until the butter is melted, and serve very hot.

TIME. — 2¼ hours. AVERAGE COST, 4*d.* per quart. SUFFICIENT for 6 or 8 persons. SEASONABLE at any time.

HORSERADISH.

METHOD.—This root scraped is served with hot roast beef, and is also used for garnishing cold roast beef and many kinds of boiled fish. Let the horseradish remain in cold water for 1 hour; wash it well, and with a sharp knife scrape it into very thin shreds, commencing from the thick end of the root. Arrange some of it lightly in a small glass dish, and use the remainder for garnishing the joint; it should be placed in tufts round the border of the dish, with 1 or 2 bunches on the meat.

AVERAGE COST.—2*d.* per stick. SEASONABLE from October to June.

KIDNEY BEANS, BOILED

(*See* **Beans, French, Boiled**).

LENTILS, BOILED.

INGREDIENTS.—1 pint of lentils, 1 oz. of butter, ½ oz. of flour, ½ pint of stock or milk, 1 finely-chopped onion, salt and pepper.

METHOD.—Soak the lentils overnight in plenty of water, drain, cover them with boiling water, add a little salt, and boil gently until soft, but not broken. Fry the onion in the butter until lightly browned, add the flour, and when it has cooked for 2 or 3 minutes put in the stock or milk, and stir the mixture until it boils. Strain and add the lentils, season to taste, cook gently for a few minutes, then serve. Or soak, boil, and drain the lentils as directed above, season to taste with salt and pepper, stir in a little butter, then serve.

TIME.—About an hour. AVERAGE COST, 2*d.* per pint. SEASONABLE at any time.

LETTUCES.

METHOD.—These form one of the principal ingredients of summer salads. They are seldom served in any other way, but may be stewed and sent to table in a good brown gravy flavoured with lemon-juice. In preparing them for salad carefully wash them free of dirt, pick off all the decayed and outer leaves, and dry them thoroughly by shaking them in a cloth. Cut off the stalks, and either halve or cut the lettuces into small pieces. The manner of cutting them up entirely depends on the salad for which they are intended. In France, the lettuces are sometimes merely wiped with a cloth, and not washed, the cooks there declaring that the act of washing them injuriously affects the pleasant crispness of the plant; in this case, scrupulous attention must be paid to each leaf, and the grit thoroughly wiped away.

AVERAGE COST.—From 1*d.* to 2*d.* per head. OBTAINABLE all the year.

LIMA BEANS.

Fresh Lima beans may be treated in the same manner as fresh peas, and the dried beans may be prepared and cooked according to the directions given for dressing haricot beans and lentils.

MUSHROOMS, BAKED.

INGREDIENTS.—16 or 20 cup mushrooms, butter, pepper to taste.

METHOD.—For this method of cooking the cup mushrooms are better than the buttons, but should not be too large. Cut off a portion of stalk, peel the top, and put them at once into a baking-dish, with a very small piece of butter placed on each mushroom; sprinkle over a little pepper, and let them bake for about 20 minutes, or longer should the mushrooms be very large. Have ready a very hot dish, pile the mushrooms high in the centre, pour the gravy round, and send them to table quickly with very hot plates.

TIME.—20 minutes; large mushrooms, ½ an hour. AVERAGE COST, from 6*d.* to 9*d.* per lb. SEASONABLE, meadow mushrooms in September and October; cultivated varieties obtainable all the year. SUFFICIENT for 6 or 8 persons.

MUSHROOMS, BROILED OR GRILLED.

INGREDIENTS.—Cup mushrooms, pepper and salt, butter, lemon-juice.

METHOD.—Carefully peel the mushrooms, cut off a portion of the stalk, and season with salt. Broil them over a clear fire, turning them once, and arrange them on a very hot dish. Put a small piece of butter on each mushroom, season with pepper and salt, and squeeze over them a few drops of lemon-juice.

TIME.—About 10 minutes. AVERAGE COST, from 6*d.* per lb. SEASONABLE in September and October. OBTAINABLE all the year.

MUSHROOMS, STEWED.

INGREDIENTS.—1 lb. of button mushrooms, 2 oz. of butter, ¼ pint of cream or milk, 1 dessertspoonful of flour, the juice of ½ a lemon, salt and pepper.

METHOD.—Remove the skins, and cut off the ends of the stalks. Melt the butter in a stewpan, put in the mushrooms and lemon-juice, season with salt and pepper, cover closely, and cook gently for about ½ an hour, shaking the pan occasionally. Mix the flour and cream or milk smoothly together, pour the mixture into the stewpan, stir until the contents boil, simmer for 10 minutes to cook the flour, then, if the mushrooms are tender, season to taste and serve.

TIME.—About 40 minutes. AVERAGE COST, from 8*d.* per lb. SUFFICIENT for 3 or 4 persons. SEASONABLE, meadow mushrooms in September and October. OBTAINABLE all the year.

Note.—To produce Mushrooms at all seasons gardeners provide themselves with what is called *spawn* from those whose business it is to propagate it. When thus procured it is usually made up for sale in quadrils consisting of numerous white, fibrous roots, having a strong smell of mushrooms. The spawn is planted in rows, in a carefully-made bed, formed of seasoned farmyard compost of sifted loam beaten hard, and placed in a dry situation, and carefully attended to for five or six weeks, when the bed begins to produce and continues to do so for several months. Cellars are often utilized for this purpose. In Paris most of the mushrooms are grown on artificially-formed beds, in dark, disused quarries.

MUSHROOMS, TO PRESERVE.

INGREDIENTS.—To each quart of mushrooms allow 3 oz. of butter, pepper and salt to taste, the juice of 1 lemon, clarified butter.

METHOD.—Peel the mushrooms, put them into cold water with a little lemon-juice; let them remain for 10 minutes, then dry them very carefully in a cloth. Put the butter into a stewpan capable of holding the mushrooms; when it is melted add the mushrooms, lemon-juice, and a seasoning of pepper and salt. Draw them down over a slow fire, and let them remain until their liquor is boiled away, and they have become quite dry, but they must not stick to the bottom of the stewpan. When done, put the mushrooms into pots, and over the top pour clarified butter. If not wanted for immediate use, they will keep good a few days without being covered over. To rewarm them, put the mushrooms into a stewpan, strain the butter from them, and they will be ready for use.

AVERAGE COST.—From 8*d.* per lb.

SEASONABLE, meadow mushrooms in September and October. OBTAINABLE all the year.

ONIONS, SPANISH, BAKED.

INGREDIENTS.—4 or 5 Spanish onions, salt, and water.

METHOD.—Put the onions, with their skins on, into a saucepan of boiling water, slightly salted, and let them boil quickly for 1 hour. Then take them out, wipe them thoroughly, wrap each one in a piece of buttered paper, and bake them in a moderate oven for 2 hours, or longer, should the onions be very large. They may be served in their skins, and eaten with a piece of cold butter and a seasoning of pepper and salt; or they may be peeled, and a good brown gravy poured over them.

TIME.—From 1 to 1½ hours to boil; 2 hours to bake. AVERAGE COST 2*d.* per lb. SUFFICIENT for 4 or 5 persons. SEASONABLE from October to April.

ONIONS, SPANISH, STEWED.

INGREDIENTS.—4 or 5 medium-sized Spanish onions, 1 pint of brown stock or gravy.

METHOD.—Peel and trim the onions, cover them with cold water, bring to the boil and strain. Select a stewpan large enough to allow the onions to stand side by side, put in the stock, cover closely and simmer gently from 1 to 1½ hours. Serve in a hot vegetable-dish with the gravy poured round.

TIME.—From 1½ to 2 hours. AVERAGE COST, 2*d.* to 3*d.* per lb. SEASONABLE from October to April.

PARSNIPS, BOILED.

INGREDIENTS.—Parsnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

METHOD.—Wash the parsnips, scrape them thoroughly, and with the point of the knife remove any black specks about them, and should they be very large, cut the thick part into quarters. Put them into a saucepan of boiling water, salted in the above proportion, boil them rapidly until tender, which may be ascertained by piercing them with a fork or skewer, take them up, drain them, and serve in a vegetable-dish. This vegetable is usually served with salt fish, boiled pork, or boiled beef; when sent to table with the latter, a few should be placed alternately with carrots round the dish, as a garnish.

TIME.—Large parsnips, 1 to 1½ hours; small ones, ½ to 1 hour. AVERAGE COST, 2*d.* per lb. SEASONABLE from October to May.

PEAS, GREEN.

INGREDIENTS.—1 quart of cooked green peas, 2 oz. of lean cooked ham cut into dice, 1 oz. of butter, 2 tablespoonfuls of good stock, 1 teaspoonful of flour, ½ a small onion finely chopped, a pinch of castor sugar, a pinch of grated nutmeg, salt and pepper.

METHOD.—Fry the onion until lightly browned in the butter, add the flour and ham, stir over the fire for a minute or two, then put in the peas, stock, sugar, and nutmeg. Season to taste, simmer for 10 minutes, stirring occasionally, then serve.

TIME.—About 1 hour, altogether. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE from May to September.

PEAS, GREEN, BOILED.

INGREDIENTS.—Green peas, mint, butter, salt and pepper.

METHOD.—Shell the peas, put them into boiling water, add a little salt and a sprig of mint, and boil, with the saucepan uncovered, from 10 to 25 minutes, according to age and variety. Drain well, put them into a hot vegetable dish, season with pepper, add a small piece of butter, and serve.

TIME.—From 10 to 25 minutes. COST, from 6*d.* per peck. SEASONABLE from May to September.

PEASE PUDDING.

INGREDIENTS.—1½ pints of split peas, 2 oz. of butter, 2 eggs, pepper and salt to taste.

METHOD.—Put the peas to soak overnight in water, and float off any that may be worm-eaten or discoloured. Tie them loosely in a clean cloth, leaving a little room for them to swell, and put them on to boil in cold water, allowing 2½ hours after the water has boiled. When the peas are tender, pass them through a colander with a wooden spoon, and add the butter, eggs, pepper, and salt. Beat all well together for a few minutes, until the ingredients are well incorporated, then tie them tightly in a floured cloth, and boil the pudding for another hour. Turn it on to the dish, and serve very hot.

TIME.—Altogether, about 3½ hours. AVERAGE COST, *7d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

POTATO BALLS.

INGREDIENTS.—Mashed potatoes, salt and pepper to taste, a little minced parsley, egg and breadcrumbs.

METHOD.—Boil and mash the potatoes (*see* Potatoes, Mashed), add a seasoning of pepper and salt, and when liked a little minced parsley. Roll the potatoes into small balls, cover them with egg and breadcrumbs, and fry in hot oil or dripping until light brown. Let them drain on a cloth or paper, dish them on a napkin, and serve.

TIME.—10 minutes to fry the balls. SEASONABLE at any time.

POTATO CHIPS.

INGREDIENTS. — Potatoes, salt, frying-fat.

METHOD.—Peel the potatoes, slice them thinly, wash them well in cold water, then drain and dry thoroughly. Fry them in a wire basket in very hot fat until sufficiently cooked, then remove them and re-heat the fat. Wait until the blue vapour arises from the fat, then replace the basket, and fry until the potatoes become crisp and lightly browned. Drain well, sprinkle with salt, and serve.

TIME.—15 minutes.

POTATO CROQUETTES.

(*See* **Potato Balls.**)

POTATO SNOW.

INGREDIENTS.— Potatoes, salt, and water.

METHOD.—Choose white potatoes as free from spots as possible, boil them in their skins in salt and water until perfectly tender, drain and dry them thoroughly by the side of the fire, and peel them. Put a hot dish before the fire, rub the potatoes through a coarse sieve on to this dish ; do not touch them afterwards, or the flakes will fall ; serve as hot as possible.

TIME.—From 40 to 50 minutes. AVERAGE COST, *1d.* per lb. SEASONABLE at any time.

POTATO STRAWS.

INGREDIENTS.—5 or 6 medium-sized potatoes, frying-fat, salt.

METHOD.—Peel and slice the potatoes thinly, cut them into strips about 1½ inches long, then wash and drain them well, and dry them on a cloth. Have ready a deep pan of hot fat, fry the straws in a basket until crisp, drain free from fat, sprinkle with salt, and serve.

TIME.—To fry the straws, about 15 minutes. AVERAGE COST, *3d.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

POTATOES, BAKED.

INGREDIENTS. Potatoes.

METHOD.—Choose large potatoes, as much of a size as possible ; wash them in lukewarm water, and scrub them well, for the brown skin of a baked potato is by many persons considered the better part of it. Put them in a moderate oven, and bake them for about 2 hours, turn-

ing them 3 or 4 times while they are cooking. Serve them in a napkin immediately they are done, for if they are kept a long time in the oven they will have a shrivelled appearance. Potatoes may also be roasted before the fire in an American oven, but when thus cooked, they must be done very slowly.

TIME.—From 1 to 2 hours, according to size. AVERAGE COST, 1*d.* per lb. SEASONABLE all the year.

POTATOES, BOILED.

INGREDIENTS.—Potatoes, salt.

METHOD.—Choose potatoes of equal size, scrub them, peel them thinly, wash them well in clean cold water, but do not let them remain in it for more than 10 minutes. Put them into a saucepan with sufficient BOILING water to cover them, add a teaspoonful of salt to each quart of water, and boil gently from 20 to 40 minutes, according to age and size. Ascertain when they are done by trying one with a skewer; if soft, drain off the water, put the saucepan by the side of the fire with the lid tilted, to allow the steam to escape, let them remain for about 10 minutes, then serve.

TIME.—From 20 to 40 minutes. AVERAGE COST, 1*d.* per lb. SEASONABLE at any time.

Note.—Opinions are divided as to whether potatoes should be put into cold or boiling water. Those who adopt the former method can give no reason for so doing save that of its being an old custom, whereas many who have made a scientific study of the culinary treatment of this vegetable, assert, and with good reason, that the darker layer of potato immediately under the skin is composed almost entirely of gluten, a substance which, like albumen, when subjected to the temperature of boiling water, at once hardens, forming an impervious layer that prevents the water reaching the inner starchy part of the potato. Consequently, the potatoes are more dry and floury than they would otherwise be. Potatoes may be kept hot for some time without spoiling if covered with a folded cloth to absorb the moisture, and the saucepan itself uncovered to allow the steam to escape.

POTATOES, COLD, TO USE UP.

INGREDIENTS.—1 lb. of cold potatoes, 1 oz. of butter, 2 tablespoonfuls of finely-chopped onion, 2 tablespoonfuls of flour, milk, salt and pepper.

METHOD.—Pass the potatoes through a sieve, or beat them smooth with a fork. Add the butter, onion, and sufficient milk to moisten them, season to taste with salt and pepper, and press the mixture into a well-greased mould or basin. Bake in a moderate oven for about ¼ of an hour, then turn the potatoes out and serve. For other methods of utilizing cold potatoes, see Bubble and Squeak, Potato Balls, Potatoes, Mashed, and Baked.

TIME.—To bake the mould, about ¼ an hour. AVERAGE COST, 2*d.* to 2½*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

POTATOES, FRIED.

INGREDIENTS.—Potatoes, hot oil or clarified dripping, salt.

METHOD.—Peel and cut the potatoes into thin slices, as nearly the same size as possible, parboil them, and dry them in a cloth. Make some oil or dripping quite hot in a saucepan, and put in the potatoes, and fry to a nice brown. When they are crisp and done take them up, drain them on paper before the fire, and serve very hot, after sprinkling them with salt. These are delicious with rump-steak, and in France are frequently served as a breakfast dish. The remains of cold potatoes may be sliced and fried by the above recipe, but the slices must be cut a little thicker.

TIME.—Sliced raw potatoes, 25 minutes; cooked potatoes, 15 minutes. AVERAGE COST, 1*d.* per lb. SEASONABLE at any time.

POTATOES, MASHED.

INGREDIENTS.—1 lb. of potatoes, 1 oz. of butter, 1 or 2 tablespoonfuls of milk, salt.

METHOD.—Peel and steam the potatoes over a saucepan of boiling water, or boil them in their skins,

and afterwards peel them. In either case pass the potatoes through a wire sieve, or mash them well with a fork. Heat the butter in a stewpan, add the milk, stir in the potato, and season to taste with salt. Beat well with a wooden spoon, pile lightly in a hot dish, then serve. *See* "Potato Snow."

TIME.—To steam the potatoes, from 30 to 40 minutes. AVERAGE COST, 1*d.* per lb. SUFFICIENT for 3 persons. SEASONABLE at any time.

POTATOES, MASHED AND BAKED.

INGREDIENTS.—1 lb. of cold mashed potato, 1½ oz. of butter, 1 heaped tablespoonful of grated cheese, preferably Parmesan, 1 tablespoonful of milk (about), the yolk of 1 egg, salt and pepper.

METHOD.—Boil the potatoes and rub them through a sieve whilst hot. Mix all the ingredients well together in a stewpan over the fire, then spread it on a floured board, and shape into rolls about 2½ inches long, and rather less than 1 inch in width. Or, cut into triangular or diamond-shaped pieces, place on a greased baking-tin, brush over with egg, and bake them in a moderately hot oven until nicely browned. Before serving, brush over with warm butter, and sprinkle with finely-chopped parsley. The potatoes may be served as a separate dish, or used as a garnish for many entrées and "dressed vegetables."

TIME.—From 1½ to 1½ hours. AVERAGE COST, about 6*d.* SEASONABLE at any time.

POTATOES, SAUTÉ OR TOSSED.

INGREDIENTS.—Potatoes, salt and pepper. To 5 or 6 allow 1 oz. of butter.

METHOD.—Choose rather waxy and even-sized potatoes, wash and boil them in their skins until three parts cooked, let them dry thoroughly, then peel and slice them rather thinly. Heat the butter in a sauté or frying-pan, put in the potatoes, and season with salt and pepper. Toss them over the fire until they acquire a little colour, then serve.

TIME.—To sauté the potatoes, from 4 to 5 minutes. AVERAGE COST, 2*d.* to 3*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

POTATOES, TO BOIL.

INGREDIENTS.—Potatoes; to each ¼ gallon of water allow 1 heaped tablespoonful of salt, a few sprigs of mint.

METHOD.—Have the potatoes as fresh as possible, for they are never good when they have been some time out of the ground. Well wash them, rub or scrape off the skins, and put them and the mint into boiling water salted in the above proportion. Let them boil until tender; try them with a fork, and, when done, pour away the water. Allow them to stand by the side of the fire with the lid of the saucepan partially removed, and when they are thoroughly dry put them in a hot vegetable-dish, with a piece of butter the size of a walnut. If they are old, boil them in their jackets; drain, peel, and serve them as above, placing a piece of butter in the centre. Parsley chopped and mixed with the butter is an improvement.

TIME.—¼ to ½ an hour, according to the size. AVERAGE COST, 1*d.* per lb. SUFFICIENT, 3 lb. for 5 or 6 persons.

POTATOES, TO STEAM.

INGREDIENTS.—Potatoes, boiling water.

METHOD.—This method of cooking potatoes is now much in vogue, from its convenience when large quantities are required. Pare the potatoes, throw them into cold water as they are peeled, then put them in a steamer. Place the steamer over a saucepan of boiling water, and steam the potatoes from

30 to 40 minutes, according to size and sort. When the fork goes easily through the potatoes they are done; then take them up, dish, and serve very quickly.

TIME.—From 30 to 40 minutes. AVERAGE COST, 1*d.* per lb. SEASONABLE at any time.

POTATOES TO STEAM IN LARGE QUANTITIES.

INGREDIENTS.—Potatoes.

METHOD.—Scrub and well wash the potatoes. From the centre of each potato, from side to side, *not end to end*, pare off a strip not more than ¼ inch in width, and steam them in the usual way. The remainder of the skin may be served on the potato as it is easily removed with the fork.

PUMPKIN, MASHED

(*See* **Artichokes, Jerusalem, Mashed**).

SALSIFY, BOILED.

INGREDIENTS.—Salsify: to each ½ gallon of water allow 1 heaped tablespoonful of salt, 1 oz. of butter, 2 tablespoonfuls of lemon-juice.

METHOD. — Scrape the roots gently, so as to strip them only of their outside peel; cut them into pieces about 4 inches long, and, as they are peeled, throw them into water mixed with a little lemon-juice, to prevent their discolouring. Put them into boiling water with salt, butter, and lemon-juice in the above proportion, and let them boil rapidly until tender; try them with a fork, and, when it penetrates easily, the roots are done. Drain the salsify, and serve with good white sauce.

TIME.—From 30 to 40 minutes. SEASONABLE from December to March.

Note.—Salsify may also be cooked according to any of the recipes given for dressing celery.

SAVOY, TO DRESS

(*See* **Recipes for** Cooking Cabbage).

SEA-KALE, BOILED.

INGREDIENTS.—Sea-kale; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

METHOD.—Well wash the kale, cut away any worm-eaten pieces, and tie it into small bunches. Put it into boiling water, salted in the above proportion, and let it boil quickly until tender. Take it out, drain, untie the bunches, and serve with plain melted butter or white sauce, a little of which may be poured over the kale. Sea-kale may also be parboiled and stewed in good brown gravy; it will then take about ¼ of an hour altogether.

TIME.—25 minutes. When liked very thoroughly done, allow an extra 5 minutes. AVERAGE COST, in full season, 9*d.* per basket. SUFFICIENT, 12 heads for 4 or 5 persons. SEASONABLE from February to June.

SPINACH BOILED.

INGREDIENTS.—3 lb. of spinach, 1 oz. of butter, 1 tablespoonful of flour, salt and pepper.

METHOD.—Pick off the stalks, and wash the spinach in cold water until free from grit. Then put it into a saucepan with about a level tablespoonful of salt, and just sufficient water to cover the bottom of the pan. Boil uncovered from 15 to 25 minutes, occasionally pressing it down, and turning it over with a wooden spoon. When done, rub it through a fine sieve; put it into a stewpan, with the butter, season well with pepper, sprinkle in the flour and stir over the fire for 5 or 6 minutes. Serve on a hot dish garnished with croûtons of fried or toasted bread or fleurons of puff paste.

TIME.—From 20 to 30 minutes. AVERAGE COST, from 2*d.* per lb. SUFFICIENT for 4 or 5 persons. SEASONABLE, spring spinach from March to July; winter spinach, from November to March.

SPINACH CROUTES.

INGREDIENTS.—A third of a pint of spinach purée, ½ an oz. of flour, ¼ of a gill of cream, croutes of fried or toasted bread, 2 eggs, salt, pepper and nutmeg.

METHOD.—Melt the butter in a stewpan, add the flour, cook a little, and moisten with the cream ; boil up and add the spinach, season to taste with salt, pepper and nutmeg, and cook for 10 minutes. Pile neatly on the prepared croutes, decorate with oval or diamond shapes of hard-boiled white of egg, and serve.

TIME.—To bake, 20 minutes. AVERAGE COST, 8*d.* to 10*d.* SUFFICIENT for 6 persons. SEASONABLE at any time.

SPINACH WITH GRAVY.

INGREDIENTS.—4 lb. of spinach, 4 tablespoonfuls of brown gravy, 1 tablespoonful of flour, salt and pepper.

METHOD.—Prepare and cook the spinach as in the preceding recipe. Rub it through a fine sieve, put it into a stewpan with the butter, gravy, and a little pepper, sprinkle in the flour, and stir over the fire until the purée acquires a thick creamy consistency. The spinach may be piled on croûtons of fried or toasted bread, or served on a hot dish, surrounded by croûtons of fried bread, and garnished with leaves, or other small designs of puff paste, or white of egg.

TIME.—From 20 to 30 minutes. AVERAGE COST, from 2*d.* per lb. SUFFICIENT for 4 or 5 persons. SEASONABLE from November to July.

SPINACH WITH POACHED EGGS.

INGREDIENTS.—2 or 3 lb. of spinach purée, 6 poached eggs, fleurons of puff paste, or croûtons of fried bread.

METHOD.—Prepare the purée according to directions given in the preceding recipe. Poach the eggs in as plump a form as possible, and trim them to a nice round shape. Serve the spinach on a hot dish, place the eggs on the top, and garnish the base with the fleurons or croûtons.

TIME.—About 30 minutes. AVERAGE COST, 1*s.* 6*d.* to 2*s.* SUFFICIENT for 5 or 6 persons. SEASONABLE from November to July.

TOMATO SALAD.

Scald, drain, and peel the tomatoes, and, when quite cold, slice them rather thinly. Arrange them neatly on a dish, sprinkle them lightly with salt and pepper, and moisten slightly with salad-oil and vinegar.

TOMATOES, BAKED.

INGREDIENTS.—8 to 10 tomatoes, pepper and salt to taste, 2 oz. of butter, breadcrumbs.

METHOD.—Take the stalks off the tomatoes, cut them in halves, and put them into a deep baking-dish with a seasoning of pepper and salt and butter in the above proportion. Cover the whole with breadcrumbs ; drop over these a little clarified butter, bake in a moderate oven from 20 minutes to ½ an hour, and serve very hot. This vegetable, dressed as above, is an exceedingly nice accompaniment to all kinds of roast meats. The tomatoes, instead of being cut in half, may be baked whole, but they will take rather longer time to cook.

TIME.—20 to 30 minutes. SUFFICIENT for 5 or 6 persons. SEASONABLE in August, September, and October, but may be obtained all the year round.

TOMATOES, STEWED.

INGREDIENTS.—8 tomatoes, about ½ a pint of good gravy, thickening of butter and flour, cayenne and salt to taste.

METHOD.—Take out the stalks of the tomatoes, put them into a wide stewpan, pour over them the above proportion of good brown gravy, and stew gently until they are

tender, occasionally carefully turning them that they may be equally done. Thicken the gravy with a little butter and flour worked together on a plate, let it boil for 10 minutes after the thickening is added, then serve.

TIME.—From 20 to 25 minutes. AVERAGE COST, from 4*d.* per lb. SUFFICIENT for 4 persons. SEASONABLE all the year.

TOMATOES, STUFFED.

INGREDIENTS.—6 medium-sized tomatoes, 6 croûtons of fried or toasted bread, 1 heaped tablespoonful of finely-chopped lean cooked ham, ½ a tablespoonful of bread crumbs, 1 small teaspoonful of grated cheese (preferably Parmesan), 1 teaspoonful of finely-chopped mushrooms, ½ a teaspoonful of finely-chopped parsley, 1 very small onion finely chopped, ½ an oz. of butter, 1 tablespoonful of brown sauce (about), browned bread-crumbs, salt and pepper.

METHOD.—Remove the stalks of the tomatoes, and scoop out a little of the pulp. Mix together all the above ingredients, except the brown sauce and browned breadcrumbs, in a small stewpan over the fire, adding gradually sufficient brown sauce to slightly moisten the whole. Season to taste, fill the tomatoes with the preparation, sprinkle on the top of each a few browned bread-crumbs, and bake them in a moderate oven for about 15 minutes. Serve on the croûtons, which should be round, and slightly larger than the tomatoes.

TIME.—Altogether, about ½ an hour. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

TURNIP-GREENS, BOILED.

INGREDIENTS.—To each ½ gallon of water, allow 1 heaped tablespoonful of salt, turnip-greens.

METHOD.—Wash the greens well in 2 or 3 waters, pick off all the decayed and dead leaves, tie them in small bunches, and put them into plenty of boiling water, salted in the above proportion. Keep them boiling quickly with the saucepan uncovered, and, when tender, pour them into a colander; let them drain, arrange them in a vegetable-dish, remove the string that the greens were tied with, and serve.

TIME.—15 to 20 minutes. AVERAGE COST, 6*d.* for 1 dish. SEASONABLE in March, April, and May.

TURNIPS AU GRATIN.

INGREDIENTS.—6 or 8 medium-sized young turnips, 3 oz. of butter, Béchamel sauce, stock, bread-crumbs, salt and pepper.

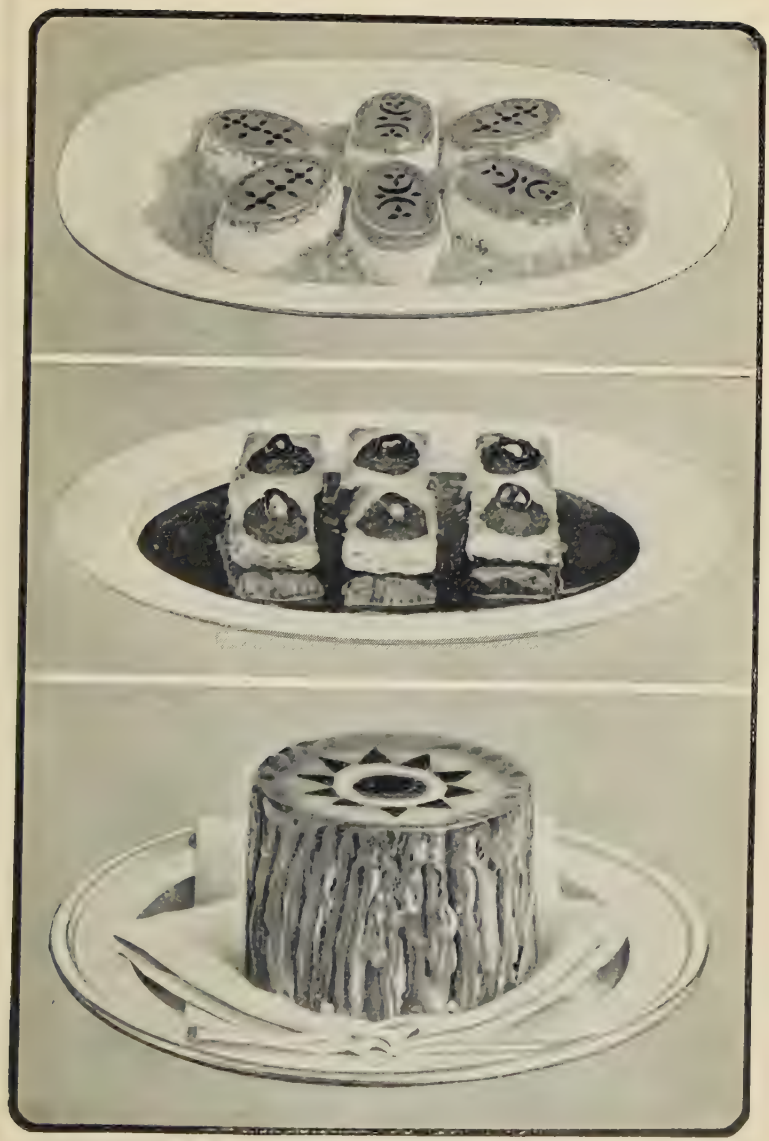
METHOD.—Peel thinly 6 to 8 medium-sized young turnips, cut them into slices, wash and drain them: Melt 2 oz. of butter in a stewpan; when hot put in the turnips, and stir over a brisk fire, season with pepper and salt, moisten with a little stock, cook till tender, then drain thoroughly. Arrange the slices or the purée in a well-buttered gratin or piedish, sauce over with a well-reduced Béchamel sauce, sprinkle the surface with fine bread-crumbs, and add a few tiny bits of butter. Bake in a sharp oven for about 10 minutes, to brown the top.

TIME.—About 30 minutes. AVERAGE COST, 9*d.* to 1*s.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

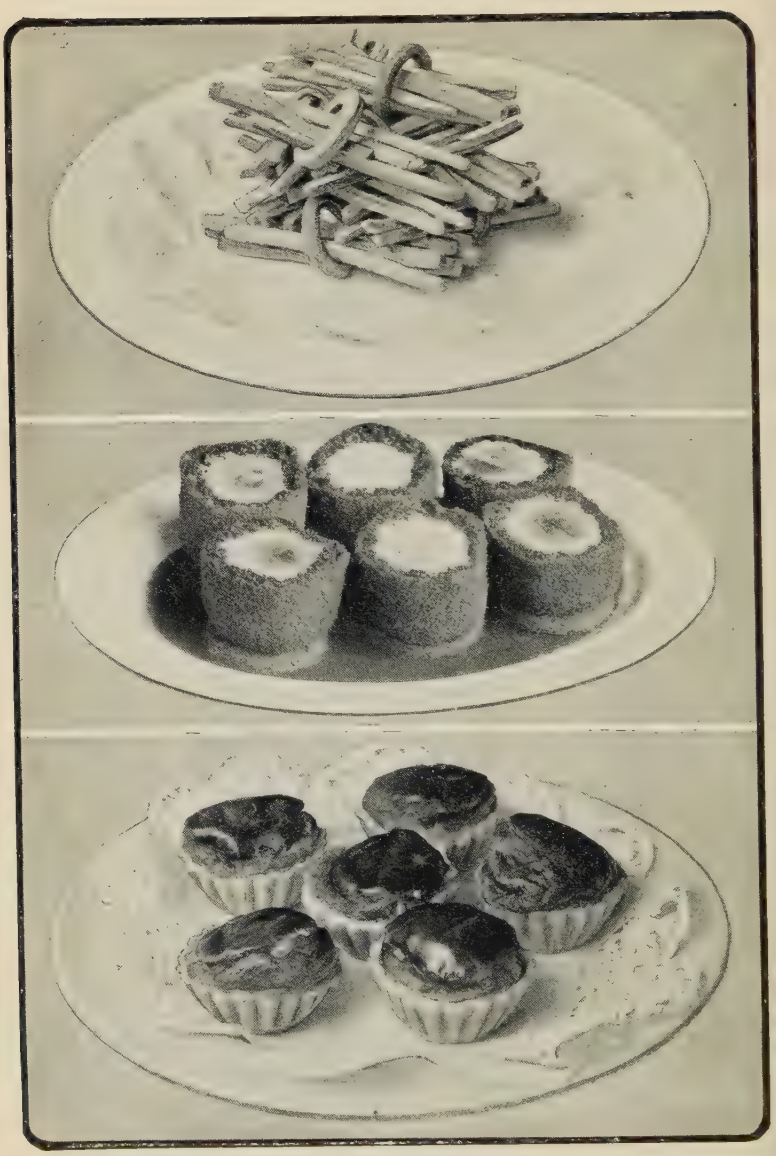
TURNIPS, BOILED.

INGREDIENTS.—Turnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

METHOD.—Pare the turnips, and, should they be very large, divide them into quarters, but if they are small let them be cooked whole. Put them into a saucepan of boiling water, salted in the above proportion, and let them boil gently until tender. Try them with a fork, and, when done, take them up in a colander, let them thoroughly drain, and serve. Boiled turnips are usually sent to table with boiled



1. Chicken Timbales. 2. Soufflés of Chicken. 3. Moulded Sweetbread.



1. Cheese Straws. 2. Scotch Eggs. 3. Almond Cheesecakes.

mutton, but are nicer when mashed than served whole ; unless nice and young, they are scarcely worth the trouble of dressing plainly as above.

TIME.—Old turnips, ¾ to 1¼ hours; young ones, about 18 to 20 minutes. AVERAGE COST, one dish, 3*d*.

TURNIPS, MASHED.

INGREDIENTS.—10 or 12 large turnips ; to each ½ gallon of water allow 1 heaped tablespoonful of salt, 2 oz. of butter, cayenne or white pepper to taste.

METHOD.—Pare the turnips, put them into boiling water, salted in the above proportion, boil them until tender, then drain them in a colander and squeeze them as dry as possible by pressing them with the back of a large plate. When quite free from water, rub the turnips with a wooden spoon through a sieve, put them into a saucepan, add the butter, white pepper or cayenne, and, if necessary, a little salt. Keep stirring them over the fire until the butter is well incorporated, and the turnips are thoroughly hot, then dish and serve. A little cream or milk added after the turnips are pressed through the sieve is an improvement to both the colour and flavour of this vegetable.

TIME.—From 45 to 60 minutes. AVERAGE COST, 6*d*. SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

VEGETABLE MARROW, FRIED.

INGREDIENTS.—1 or 2 medium sized vegetable marrows, egg and breadcrumbs, frying-fat, salt and pepper.

METHOD.—Peel and boil the marrows in salt and water until tender, then drain well, cut them into quarters and remove the seeds. Coat each piece with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain, sprinkle with salt and pepper, and serve.

TIME.—From 40 to 50 minutes, altogether. AVERAGE COST, from 2*d*. each. SUFFICIENT for 3 or 5 persons. SEASONABLE from July to September.

VEGETABLE MARROW, STUFFED.

INGREDIENTS.—1 medium-sized marrow, 3 tablespoonfuls of finely-chopped raw or cooked meat, 1 tablespoonful of breadcrumbs, 1 teaspoonful of finely-chopped onion, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, 1 egg, ½ pint of brown sauce, salt and pepper.

METHOD.—Peel the marrow, cut it in two lengthwise, and remove the seeds. Boil in salt and water for about 10 minutes until the marrow is half cooked, then drain well. Mix together all the above ingredients, except the brown sauce, and fill the cavities of the marrow with the preparation. Put the two halves together in their original form, fasten securely with string, baste well with hot fat, dredge lightly with flour, and bake in a moderate oven until well browned. Or brush it over with egg, and coat with browned breadcrumbs before baking. Serve the brown sauce separately.

TIME.—From 35 to 45 minutes. AVERAGE COST, 10*d*. to 1*s*. SUFFICIENT for 2 or 3 persons. SEASONABLE from July to September.

VEGETABLE MARROWS, BOILED.

INGREDIENTS.—2 medium-sized vegetable marrows, toast, ¾ pint of white sauce.

METHOD.—Peel the marrows, quarter them, and remove the seeds. Boil them in salt and water from 15 to 20 minutes, or until tender. Drain well, dish on the toast, pour over the white sauce, and serve.

VEGETABLES, COLD, TO RE-HEAT

Vegetables may be re-heated in a basin placed in a steamer over a saucepan of boiling water, or they may be fried in a little hot fat.

RECIPES FOR SWEETS

COLD SWEETS

APPLE COMPÔTE.

INGREDIENTS.—2 lb. sour cooking apples, ½ lb. of loaf sugar, 1 lemon.

METHOD.—Peel and core the apples, put the sugar in a saucepan, with 1 pint of water, boil up. Skim and reduce to a syrup, then put in the apples, and the thinly-cut rind of ½ a lemon, also its juice (strained); cook gently till the apples are tender. Serve when cold.

TIME—¾ of an hour. COST 10*d.* to 1*s.* SUFFICIENT for 6 persons.

Note.—If liked the apples may be cut in halves or quarters.

APPLE CUSTARD.

INGREDIENTS.—2 lb. of apples, 6 oz. of sugar, 4 eggs, 1 pint of milk.

METHOD.—Peel, core, and slice the apples, stew them with 4 oz. of sugar and 2 or 3 tablespoonfuls of water until tender, then pass through a hair sieve, or beat to a pulp. Bring the milk nearly to boiling point, put in the remainder of the sugar and the beaten yolks of eggs, stir and cook gently until the mixture thickens, but do not allow it to boil. Whisk the whites of eggs to a stiff froth, and sweeten with a little castor sugar. Place the apple pulp at the bottom of a piedish, pour the custard on top, and cover lightly with the white of egg. Sprinkle the surface liberally with castor sugar, and bake in a moderately cool oven until the meringue hardens and acquires a little colour.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 1*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

APPLE FOOL.

INGREDIENTS.—1 pint of apple pulp, ½ pint of stiffly-whipped cream, sugar to taste.

METHOD.—Bake or stew the apples, pass them through a fine sieve, sweeten to taste, and stir in the cream. Serve in a glass dish or custard glasses.

TIME.—About 1 hour. AVERAGE COST, 1*s.* SUFFICIENT for 3 or 4 persons.

APPLE SNOW

(*See* **Apple Custard**).

APPLE TRIFLE

INGREDIENTS.—2 lb. of sour cooking apples, 6 oz. of sugar, ½ of a pint of cream, ½ pint of boiled custard, 3 sponge cakes, the finely-grated rind of ½ a lemon, glacé cherries, angelica.

METHOD.—Peel, core, and slice the apples, stew them with the lemon-rind, sugar, and 2 tablespoonfuls of water in a jar until tender, and rub through a hair sieve. Cut each sponge cake into 3 or 4 slices, place them in a glass dish, cover with the apple purée, pour over the custard, and let the preparation stand until perfectly cold. Then whip the cream stiffly, spread it lightly over the entire

surface, and garnish with halved cherries and strips of angelica.

TIME.—Altogether, about 2 hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

APPLES IN RED JELLY.

INGREDIENTS.—6 apples, 6 oz. of loaf sugar, 1 tablespoonful of gelatine, 1 pint of boiling water, the thinly-cut rind of 1 lemon, 4 cloves, white of egg, castor sugar, cochineal.

METHOD.—Peel and core the apples, place them in a stewpan large enough to allow them to stand side by side, pour over them the hot water, in which the loaf sugar has been previously dissolved, and add the lemon-rind and cloves. Cover and stew very gently until the apples are tender, then remove them, brush the tops of them with white of egg, and sprinkle liberally with castor sugar. Add the gelatine to the contents of the stewpan, stir until dissolved, then strain into a basin, and colour red with cochineal. Place the apples in a deep glass dish, pour the syrup round, and put aside in a cold place until set.

TIME.—About 1 hour. AVERAGE COST, 10*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

APRICOT MOULD.

INGREDIENTS.—1½ pints of milk, 2 oz. of ground rice, 1 oz. of castor sugar, 4 tablespoonfuls of apricot jam, or ½ gill of apricot pulp, and ½ gill of cream.

METHOD.—Bring the milk to boiling point, sprinkle in the ground rice, and simmer for about 10 minutes. Dilute the jam or pulp with a tablespoonful of hot water and press it through a sieve or strainer into the stewpan. Add the sugar, and when well mixed pour the preparation into a wetted border mould. Let it stand until set, then turn out, and pile the stiffly-whipped sweetened cream in the centre.

TIME.—From 25 to 30 minutes. AVERAGE COST, 10*d.* SUFFICIENT for 5 or 6 persons.

ARROWROOT BLANCMANGE.

INGREDIENTS.—4 heaped tablespoonfuls of arrowroot, sugar to taste, 1½ pints of milk, lemon-rind vanilla or other flavouring.

METHOD.—Mix the arrowroot smoothly with a little cold milk, bring the remainder to boiling point, put in the flavouring ingredients, and infuse for 20 minutes. Strain the milk over the blended arrowroot and stir; replace in the stewpan, sweeten to taste, and boil gently for a few minutes. Rinse the mould with cold water, pour in the preparation, and put aside until set. Serve with stewed fruit, jam or cold custard sauce.

TIME.—About 35 minutes. AVERAGE COST, 7*d.* or 8*d.* SUFFICIENT for 4 or 5 persons.

BANANA TRIFLE.

INGREDIENTS.—1 pint of cream, ½ pint of lemon jelly, 6 bananas, ½ oz. of gelatine, 2 tablespoonfuls of apricot jam sieved, a good tablespoonful of almonds, 2 dozen of ratafias, 1 wineglassful of Maraschino or Curacoa liqueur carmine for colouring.

METHOD.—Pass the bananas through a hair sieve, add the jam, cool liquid jelly, and the Maraschino or Curaçoa. Dissolve the gelatine in a tablespoonful of water, mix with the other ingredients, add a few drops of carmine to brighten the colour, and pour into a deep dish. Blanch, shred, bake the almonds brown, and let them become perfectly cold. When ready to serve, whip the cream stiffly, sweeten to taste with castor sugar, and, if liked, flavour with Maraschino or Curaçoa. Pile lightly on the top of the jellied preparation, sprinkle the almonds over the entire surface, and garnish the base with ratafias.

TIME.—About 3 or 4 hours. AVERAGE COST, 3*s.* 6*d.* SUFFICIENT for 1 dish. SEASONABLE at any time.

BLANCMANGE.

(*See* **Arrowroot Blancmange, Cornflour Blancmange, etc.**).

BLANC-MANGE, CHEAP.

INGREDIENTS.—¼ lb. sugar, 1 quart milk, 1½ oz. of isinglass or gelatine, the rind of ½ lemon, 4 bay laurel-leaves.

MODE.—Put the ingredients into a lined saucepan and boil gently until the isinglass is dissolved, and keep stirring the mixture over the fire for about 10 minutes; take the laurel-leaves out when it is sufficiently flavoured; strain through a fine sieve into a jug, and, when nearly cold, pour into a well-oiled mould, omitting the sediment at the bottom. Turn it out carefully on a dish, and garnish with preserves, bright jelly, or a compote of fruit.

TIME.—Altogether ½ hour. AVERAGE COST, 1*s.* SUFFICIENT to fill a quart mould.

BORDER OF FIGS, WITH CREAM

(*See* **Fig Mould**).

CHOCOLATE MOULD.

INGREDIENTS.—4 oz. of chocolate, 1 oz. of castor sugar, 1 oz. of gelatine, 1 pint of milk, vanilla.

METHOD.—Soak the gelatine in 1 or 2 tablespoonfuls of milk, and boil the remainder with the chocolate. When perfectly smooth, stir in the sugar and gelatine, add vanilla essence to taste, let the mixture cool a little, then pour into 1 large or several small moulds.

TIME.—About ½ an hour. AVERAGE COST, 8*d.* to 9*d.* SUFFICIENT for 4 or 5 persons.

COFFEE CUSTARD.

INGREDIENTS.—Coffee essence, 4 yolks of eggs, 2 whites of eggs, ½ pint of milk, sugar to taste.

METHOD.—Bring the milk nearly to boiling point, pour it over the eggs previously beaten, and add sugar and coffee essence to taste. Pour the custard into buttered china ramakin cases, bake until set, and serve either hot or cold.

TIME.—About 20 minutes. AVERAGE COST, 6*d.* SUFFICIENT for 6 or 8 ramakins.

Note.—Also *see* Moka Custards for Filling Éclairs.

COMPOTE OF FRUIT.

INGREDIENTS.—½ lb. of loaf sugar, ¼ pint of water, fruit either fresh or preserved.

METHOD.—Dissolve the sugar in the water, boil until well reduced skimming meanwhile. Immersion for a few minutes is all that is necessary when using preserved fruits; but fresh fruit must be simmered in the prepared syrup until sufficiently cooked, but not broken. The compote may be served as a separate sweet, or as an accompaniment to plain creams, blancmange, etc.

CORNFLOUR BLANCMANGE.

INGREDIENTS.—2 oz. of cornflour or arrowroot, 1½ oz. of castor sugar, 1 pint of milk, bay-leaf, or other flavouring.

METHOD.—Mix the cornflour smoothly with a little milk, boil the rest with the bay-leaf, and let it infuse for 10 or 15 minutes. Now stir in the blended cornflour, and cook gently for 5 minutes, then remove the bay-leaf, add the sugar and pour into a mould, previously rinsed with cold water. Serve with jam, stewed fruit, or fruit syrup.

TIME.—About ½ an hour. AVERAGE COST, 4*d.* SUFFICIENT for 4 or 5 persons.

CREAM, WHIPPED.

INGREDIENTS.—½ pint of double cream, 1½ oz. of castor sugar, or to taste, 1 dessertspoonful of sherry, 1 dessertspoonful of brandy (the wine and brandy may be omitted), the juice and finely-grated rind of ½ a lemon.

METHOD.—Put the sherry, brandy, sugar, lemon-juice and rind into a basin, and stir until the sugar is dissolved. Add the cream, and whip slowly at first and afterwards more quickly until firm. Serve as required. Raisin or other sweet wine may replace the sherry and brandy, or an equal quantity of raspberry or strawberry syrup.

TIME.—About 15 minutes altogether. AVERAGE COST, 1*s.* 8*d.* SUFFICIENT for 6 or 7 persons.

CUSTARD.

INGREDIENTS.—½ pint of milk, 2 eggs, saccharine, flavouring, salt.

METHOD.—Beat the eggs, add the milk, a good pinch of salt, and sweeten and flavour to taste. The preparation may be baked in a pie-dish, steamed in a basin, or cooked in a jug placed in a saucepan of boiling water. Savoury custard may be made by substituting salt, pepper, and parsley for the saccharine and flavouring, and some or all of the milk should be replaced by good white stock.

TIME.—¾ of an hour. AVERAGE COST, 4*d.*

CUSTARD MOULD.

INGREDIENTS.—1 pint of milk, 3 eggs, 1 oz. of castor sugar, ¾ oz. of leaf gelatine, 1 tablespoonful of brandy, vanilla essence.

METHOD—Bring the milk near to boiling point, add the sugar and well-beaten eggs, and stir by the side of the fire until the mixture thickens, but do not let it boil. Pour it on the gelatine in a basin, add the brandy and vanilla, stir until dissolved, then pour into 1 large or several small moulds. Sherry may replace the brandy or it may be omitted altogether. A little cold jam sauce or fruit syrup served round the dish will be found an improvement.

TIME.—About ½ an hour. AVERAGE COST, 9*d.* SUFFICIENT for 4 or 5 persons.

FIG MOULD.

INGREDIENTS.—1 lb. of figs, 6 oz. of sugar, 1 oz. of leaf gelatine, 1 lemon, 1 pint of water.

METHOD.—Cut the figs into small pieces, put them into a stewpan, with the water, sugar, the juice and thinly-cut rind of the lemon, and simmer until tender. Dissolve the gelatine in 3 tablespoonfuls of water, add it to the rest of the ingredients, and pour the mixture into 1 large or several small moulds. Serve with whipped cream or a good custard sauce.

TIME.—About ½ an hour. AVERAGE COST, 8*d.* SUFFICIENT for 4 or 5 persons.

FRUIT BLANCMANGE.

INGREDIENTS. — Cornflour or ground rice, blancmange, stewed fruit.

METHOD.—Make the blancmange as directed, and put a good layer at the bottom of large-sized dariol moulds. When set, place in each mould a much smaller dariol, and fill the space between the two with blancmange. Let the smaller dariols remain until the blancmange is firm, then remove them, fill the cavity with stewed fruit, and cover with blancmange. When set, turn out, and serve with custard or whipped cream.

TIME.—About 2 hours. AVERAGE COST, uncertain.

FRUIT SALAD.

(*See* **Compote of Fruit**).

FRUIT, STEWED.

INGREDIENTS.—1 lb. of fruit, 4 oz. of sugar, ¼ pint of water.

METHOD.—Apples and pears intended for stewing should be peeled, quartered, and cored. Gooseberries should have the tops and tails cut off; rhubarb is usually sliced, and if at all old the stringy outer skin is stripped off. Other fruit, such as cherries and plums, should have the stalks removed, but the stones may be taken out or not, as preferred.

Bring the water and sugar to the boil, add the fruit, and stew very gently until tender. Or, place the fruit and sugar in a jar, stand the jar in a saucepan of boiling water, and cook until tender.

GLAZED APPLES.

INGREDIENTS.—Small apples of equal size, lemon-juice, syrup (*see* Syrup for Water Ices), apricot jam or marmalade, red-currant jelly, strips of angelica, sugar.

METHOD.—Pare and core the apples, and simmer them very gently in water to which sugar to taste and a little lemon-juice has been added. Drain well, pour over them a little syrup, and cover closely. When cold, coat the apples with apricot marmalade, fill the cavities from which the cores were removed with jelly, and decorate tastefully with strips or leaves of angelica.

TIME.—From 3 to 3½ hours. AVERAGE COST, 2½*d.* each. Allow 1 to each person.

GOOSEBERRY FOOL

(*See* **Apple Fool**).

GOOSEBERRY TRIFLE

(*See* **Apple Trifle**).

GREENGAGES, COMPOTE OF

(*See* **Compote of Fruit and Stewed Fruit**).

GROUND RICE BLANCMANGE.

INGREDIENTS.—1½ oz. of ground rice, 1½ oz. of castor sugar, 1 pint of milk, vanilla-pod, lemon-rind, or other flavouring.

METHOD.—Mix the ground rice smoothly with a little milk, boil the remainder with the vanilla-pod or lemon-rind, and let it infuse for a few minutes. Strain on to the blended rice, stirring meanwhile; replace in the stewpan, and simmer gently for 10 minutes. Now add the sugar, and pour into a wet mould.

TIME.—About ½ an hour. AVERAGE COST, 4*d.* SUFFICIENT for 4 or 5 persons.

ISINGLASS BLANCMANGE.

INGREDIENTS.—1 oz. of isinglass, sugar to taste, ½ pint of cream, 1 pint of milk, 1 wineglassful of sherry, 2 or 3 thin strips of lemon-rind.

METHOD.—Soak the isinglass and lemon-rind in the milk for 2 hours, then simmer gently for 20 minutes. Strain, replace in the stewpan, add the cream, sweeten to taste, and boil up. When cool stir in the cream, and turn into a mould rinsed with cold water.

TIME.—About 3 hours. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 5 or 6 persons.

JUNKET.

INGREDIENTS.—1 pint of milk, junket powder or junket tablets, or 1 dessertspoonful of essence of rennet, 1 teaspoonful of castor sugar.

METHOD.—Warm the milk (the exact temperature should be 98° F., the natural heat of the milk), put it into the bowl or deep dish in which it will be served, add the sugar, and stir in the rennet or junket powder. Let it remain in a moderately warm place until set. The amount of junket powder or the number of junket tablets required is stated on the wrapper.

TIME.—About 1½ hours, to coagulate the milk. AVERAGE COST, 4*d.* SUFFICIENT for 3 or 4 persons.

LEMON BLANCMANGE.

(*See* **Vanilla Blancmange**).

Follow the directions given, substituting lemon-rind for the vanilla-pod.

LEMON SPONGE.

INGREDIENTS.—½ pint of water, 1 oz. of castor sugar, ½ oz. of leaf gelatine, 1 lemon, 1 white of egg.

METHOD.—Heat the water, sugar, gelatine, and thinly cut lemon-rind together, stir until the gelatine is dissolved, then strain in the white

of egg and lemon-juice previously mixed in a large basin. Whisk all together until stiff, then pile on a dish, and, if liked, colour the last portion with carmine or cochineal, and place it on the top. If preferred, the sponge may be set in a mould rinsed with cold water, and turned out when firm.

TIME.—About 1 hour. AVERAGE COST, 3*d*. SUFFICIENT for 4 or 5 persons.

MACAROON TRIFLE

(*See* **Trifle**).

Omit the sponge cakes.

MARBLED MOULD.

INGREDIENTS.—Blancmange, coffee essence, cochineal, saffron-yellow, spinach-green.

METHOD.—Prepare the blancmange according to the directions given (*see* Cornflour and Ground Rice Blancmanges), divide it into 4 equal parts, and colour them respectively with coffee essence, cochineal, saffron-yellow, and spinach-green. Mould separately, and, when cool, divide in irregularly shaped pieces about the size of a walnut. Have ready some white blancmange on the point of setting. Place the coloured pieces in a mould, leaving spaces between them, fill these with white blancmange, and put aside until set.

TIME.—About 12 hours. AVERAGE COST, about 1*s*. for 1 large mould. SUFFICIENT for 5 or 6 persons.

MERINGUES.

INGREDIENTS.—6 whites of eggs, ½ lb. of castor sugar.

METHOD.—Put the whites of eggs in a bowl or basin with a pinch of salt, and whisk them stiffly. Sieve the sugar, stir in as lightly as possible with a spoon, folding it in, rather than mixing it with the whites of eggs. Cover a ¾ inch thick board or a baking tin with foolscap paper (slightly oiled). Put the preparation into a forcing bag attached to a plain pipe, and press on to the paper small round or oval portions in rows about 1 inch apart. Dredge them well with castor sugar and bake in a cool oven for about 2 hours, when they should have acquired a pale fawn colour, and be perfectly crisp. Turn them over, scoop out any portion not hardened, and let them remain in a warm place until dry. Use as required.

TIME.—Altogether, about 2½ hours. AVERAGE COST, 8*d*. SUFFICIENT for 1 dish.

Note.—When a forcing-bag and pipe are not available, the mixture may be shaped in the form of an egg, by means of a spoon and knife, in the manner described in reference to Veal, Quenelles of. Meringue shells may be kept for a considerable time in an air-tight tin box.

ORANGE COMPOTE

(*See* **Compote of Fruit**).

ORANGE MOULD.

INGREDIENTS.—4 oranges, ¾ pint of milk (about), 3 oz. of sugar, ½ oz. of gelatine.

METHOD.—Remove the orange-rind as thinly as possible, and cut it into fine strips. Strain the orange-juice, mix with it milk to increase the quantity to exactly 1 pint and add the gelatine, orange-rind and sugar. Soak for 2 hours, then bring gently to boiling point, and simmer for 2 or 3 minutes. Add more sugar if necessary, and pour into a wetted mould.

TIME.—About 3 hours. AVERAGE COST, 8*d*. SUFFICIENT for 5 or 6 persons. SEASONABLE from November to August.

PRUNE MOULD.

INGREDIENTS.—1 lb. of prunes, 4 oz. of sugar, 1 oz. of leaf gelatine, 1½ pints of water, 1 lemon, cochineal.

METHOD.—Split the prunes and remove the stones; place them in a stewpan with the water, sugar, juice and thinly cut rind of the lemon, and simmer from 20 to 25 minutes. Melt the gelatine in 1 tablespoonful of water and mix with the contents of the stewpan, add a few drops of cochineal, and turn into 1 large or

several small moulds rinsed with cold water.

TIME.—Altogether, about 1 hour. AVERAGE COST, 9*d*. SUFFICIENT for 4 or 5 persons.

RICE BLANCMANGE
(*See* **Ground Rice Blancmange**).

SPONGE CAKE MOULD
(*See* **Cold Cabinet Pudding**).

SYLLABUB.

INGREDIENTS.—½ pint of sherry or Madeira wine, 2 tablespoonfuls of brandy, ¾ pint of cream, 1 white of egg, 1 lemon, castor sugar.

METHOD.—Remove the rind of the lemon as thinly as possible, put it into the sherry, and let it soak for 12 hours. When ready, strain and add the cream, brandy, lemon juice, and sugar to taste. Beat or whisk the mixture briskly, and as the froth forms skim it off, and place it at once in glasses or a hair sieve with a basin under it to receive the drippings. Let it be made several hours before required.

TIME. — Altogether, 18 hours. AVERAGE COST, 2*s*. 3*d*. SUFFICIENT for 10 or 12 persons.

TIPSY CAKE.

INGREDIENTS.—8 sponge cakes raspberry jam, 1 pint of boiled custard, ¼ pint of sherry.

METHOD.—Split the cakes, spread on a good layer of jam, replace the halves, arrange them compactly in a dish, giving them as far as possible the appearance of one large cake. Pour over the sherry, and let them soak for 1 hour. Make the custard as directed, and, when cool, pour it over. The cake may be garnished with cherries, angelica, chopped pistachios, or baked almonds.

TIME.—About 1¼ hours. AVERAGE COST, 1*s*. 9*d*. SUFFICIENT for 6 or 7 persons.

TIPSY PUDDINGS.

INGREDIENTS.—3 oz. of flour, 3 oz. of castor sugar, 3 eggs, 3 or 4 tablespoonfuls of rum, desiccated cocoanut.

METHOD.—Beat the eggs and sugar together until thick and smooth, and stir in the flour as lightly as possible. Coat 6 or 7 well buttered dariol moulds thickly with castor sugar, fill them three-quarters full with the mixture, and bake in a moderately hot oven. When cooked baste them with rum or fruit syrup, sweetened to taste, sprinkle lightly with cocoanut, and serve cold.

TIME.—About 20 minutes. AVERAGE COST, 9*d*. SUFFICIENT for 6 or 7 persons.

TRIFLE.

INGREDIENTS.—4 sponge cakes, 6 macaroons, 12 ratafias, 2 oz. of almonds, boiled (blanched and shredded), the grated rind of ½ a lemon, ½ pint of custard, ½ pint of cream, 2 whites of eggs, castor sugar, raspberry or strawberry jam, ¼ pint of sherry, glacé cherries, angelica.

METHOD.—Make the custard as directed, and let it become quite cold. Cut the sponge cakes into rather thick slices, spread half of them with jam, cover with the remainder, and arrange them alternately with the macaroons and ratafias in a glass dish. Pour over the wine, adding a little more if necessary to soak them thoroughly, sprinkle on the lemon rind, add the almonds, and cover with the custard. Mix the cream and whites of eggs together, whip stiffly, sweeten to taste with castor sugar, pile lightly on the top of the custard, and garnish with halved cherries and strips of angelica.

TIME.—About 1½ hours. AVERAGE COST, 3*s*. to 3*s*. 6*d*. SUFFICIENT for 7 or 8 persons.

VANILLA BLANCMANGE.

INGREDIENTS.—¾ pint of milk, ½ pint of cream, 4 ozs. of loaf sugar, 1 oz. of leaf gelatine, 4 yolks of eggs, 2 inches of vanilla-pod.

METHOD.—Bring the milk, suga

and vanilla pod to boiling point, and simmer gently until sufficiently flavoured. Beat the yolks of eggs slightly, strain on to them the boiling milk, stirring vigorously meanwhile, return to the stewpan, and stir by the side of the fire until the mixture thickens Dissolve the gelatine in a ¼ pint of water, add it to the custard, and when cool stir in the stiffly whipped cream. Stand on ice or in a cold place until set.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

CREAMS

APRICOT CREAM

(*See* **Peach Cream**).

CARAMEL CREAM.

INGREDIENTS.—1½ pints of milk, 2½ oz. of ground rice, 1 oz. of castor sugar, the thinly cut rind of 1 lemon, 2 oz. of loaf sugar.

METHOD.—Put the loaf sugar into a stewpan with 1 tablespoonful of cold water, allow it to boil quickly until it becomes dark golden brown, then pour it into a dry plain mould, which must be turned slowly over and over until the inner surface is completely coated. Add the lemon-rind and castor sugar to the boiling milk, sprinkle in the ground rice, and boil gently for 10 minutes. When ready remove the lemon-rind, pour the mixture into the prepared mould, and let it remain in a cold place until set.

TIME.—From 35 to 45 minutes. AVERAGE COST, 6*d.* SUFFICIENT for 1 medium-sized mould.

CHARLOTTE RUSSE.

INGREDIENTS.—½ pint of cream, ¼ pint of milk, ¼ oz. of leaf gelatine, 1 tablespoonful of brandy or sherry, 1 dessertspoonful of castor sugar, vanilla essence. Savoy or finger biscuits, jelly, cherries, angelica, or other decoration.

METHOD.—Cover the bottom of a charlotte mould thinly with jelly, and when set garnish with strips of angelica and halved cherries. Cover with jelly to the depth of about ½ an inch, let the jelly set, then line the mould with Savoy biscuits. Dissolve the gelatine and sugar in the milk, then strain it and add the brandy and vanilla essence to taste. When cool stir into the stiffly-whipped cream. Pour into the prepared mould, and set on ice or in a cool place until firm.

TIME.—From 15 to 20 minutes, after the mould is prepared. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 9*d.* SUFFICIENT for 1 medium-sized mould.

Note.—If preferred, the bottom of the tin may be lined with biscuits cut to the shape of the mould.

CHOCOLATE CREAM.

INGREDIENTS.—4 oz. of chocolate, 3 oz. of sugar, ½ oz. of French leaf gelatine, 1 tablespoonful of crème de riz or ground rice, 6 yolks of eggs, 1 quart of milk, 1 teaspoonful of vanilla essence.

METHOD.—Soak the gelatine in a little milk, mix the crème de riz smoothly with milk, put the remainder into a stewpan, with the chocolate and sugar, bring to the boil, add the crème de riz and simmer for about 10 minutes. Let the mixture cool a little, add the beaten yolks of eggs, and stir by the side of the fire until they thicken. Add the vanilla and gelatine, and, when cool, pour into the mould, which may be simply wetted or lined with jelly, and decorated according to taste.

TIME.—From 35 to 40 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 1 large mould.

COFFEE CREAM.

INGREDIENTS.—½ pint of cream, ½ pint of milk, coffee essence, 2½ oz. of castor sugar, ¾ oz. of gelatine, the yolks of 2 eggs.

METHOD.—Beat the yolks of eggs, add them to the milk when nearly boiling, stir until they thicken, then put in the sugar and cool slightly. Now dissolve the gelatine in 1 tablespoonful of water, and add it to the custard. Whip the cream stiffly, stir it into the custard when nearly cold, add the coffee essence, and pour into the prepared mould. Let the mould remain on ice in a cold place until firm.

TIME.—About ½ an hour. AVERAGE COST, from 1*s.* 6*d.* to 1*s.* 8*d.* SUFFICIENT for 1 medium-sized mould.

COLD CABINET PUDDING.

INGREDIENTS.—Savoy biscuits, 2 oz. of ratafias, 1 oz. of castor sugar, ½ oz. of leaf gelatine, ½ pint of milk, ¼ gill of cream, the yolks of 4 eggs, jelly, cherries, angelica.

METHOD.—Prepare the mould as directed for the recipe for Charlotte Russe. Bring the milk and sugar nearly to boiling point, stir it into the beaten yolks of the eggs, replace in the stewpan, and stir by the side of the fire until the mixture thickens, but it must not boil. Dissolve the gelatine in 1 or 2 tablespoonfuls of water, add it to the custard, and when nearly cold stir in the cream, and flavour to taste with vanilla. Place the ratafias and trimmings off the Savoy biscuits in the mould, and pour the preparation, when cold and on the point of setting, over them. Place on ice or in a cold place until firm.

TIME.—From 30 to 35 minutes, after the mould is prepared. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 9*d.* SUFFICIENT for 1 medium-sized mould.

GINGER CREAM.

INGREDIENTS.—½ pint of cream, ¼ pint of milk, 2 tablespoonfuls of ginger syrup, 1 tablespoonful of castor sugar, 2 oz. of preserved ginger, ¾ oz. of leaf gelatine, the yolks of 3 eggs.

METHOD.—Beat the yolks of eggs, add them to the milk when nearly boiling, stir until they thicken, add the sugar, and set set aside to cool. Dissolve the gelatine in a tablespoonful of water, mix with it the ginger syrup, the ginger cut into dice, and pour into the custard. Whip the cream stiffly, and when cool stir it lightly into the custard. Turn into the prepared mould, and stand on ice or in a cold place until required.

TIME.—About ½ an hour. AVERAGE COST, 1*s.* 8*d.* to 2*s.* SUFFICIENT for 1 medium-sized mould.

GOOSEBERRY CREAM.

INGREDIENTS.—½ pint of gooseberry purée, 1 teaspoonful of lemon-juice, vanilla cream, spinach-greening.

METHOD.—Cook the gooseberries in a stewjar until tender, pass them through a hair sieve, and sweeten to taste. Make the cream as directed but omit the vanilla flavouring. Add to it the gooseberry purée with a few drops of spinach colouring, and pour into a prepared mould.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 2*s.* to 2*s.* 9*d.* SUFFICIENT for 6 or 7 persons.

LEMON CREAM.

INGREDIENTS. — 1 quart milk, 8 bitter almonds, 2 oz. gelatine or isinglass, 2 large lemons, ¾ lb. of lump sugar, the yolk of 6 eggs.

MODE.—Put the milk into a lined saucepan with the almonds (well pounded in a mortar), the gelatine, lemon-rind, and lump sugar, and boil for about 5 minutes. Beat up the yolks of the eggs, strain the milk into a jug, add the eggs, and pour the mixture backwards and forwards until nearly cold; then stir briskly to it the lemon-juice (strained), and keep stirring until the cream is almost cold; put it

into an oiled mould. The lemon-juice must not be added to the cream when it is warm, and should be well stirred after it is put in.

TIME, 5 minutes to boil the milk. AVERAGE COST, 2*s*. SUFFICIENT to fill two 1½ pint moulds.

PEACH CREAM

INGREDIENTS.—½ pint of peach purée, ½ pint of cream, 1 oz. of castor sugar, 1 gill of peach syrup, ½ oz. of leaf gelatine.

METHOD.—Pass sufficient peaches through a hair sieve to make the required amount of purée. Dissolve the gelatine and sugar in the purée, and stir in the stiffly-whipped cream. Turn into the prepared mould, and let it remain on ice or in a cold place until set.

TIME.—From 25 to 30 minutes. AVERAGE COST, about 1*s*. 6*d*., exclusive of decoration or garnish. SUFFICIENT for 1 medium-sized mould.

RICE CREAM

INGREDIENTS.—2 oz. of Carolina rice, 4 oz. of castor sugar, ½ oz. of leaf gelatine, 1 pint of milk, ½ pint of cream, vanilla or other flavouring, fruit compote.

METHOD.—Simmer the rice in the milk until perfectly tender, and when the milk is nearly absorbed, stir frequently to prevent the rice sticking to the bottom of the pan. Melt the gelatine in 1 or 2 tablespoonfuls of water, stir it into the rice with the sugar and flavouring ingredient, and when sufficiently cool add the stiffly-whipped cream. Turn into a decorated border mould and allow it to remain on ice or in a cold place until set. Serve with compote of fruit piled in the centre.

TIME.—About 2 hours. AVERAGE COST, 1*s*. 4*d*., exclusive of the fruit compote. SUFFICIENT for 1 medium-sized mould.

STONE CREAM

INGREDIENTS.—1 pint of milk, 2 oz. of sugar, 1 heaped-up tablespoonful of arrowroot, 3 drops each of essence of cloves and almonds, jam, strips of angelica, glacé cherries.

METHOD.—Place a good layer of jam at the bottom of a glass dish. Mix the arrowroot smoothly with a little cold milk, boil the remainder, pour it over the arrowroot, stirring meanwhile. Replace in the stewpan, add the sugar, simmer gently for 2 or 3 minutes, and stir in the flavourings. Stir the mixture occasionally until nearly cold, then pour it over the jam, and garnish with angelica and cherries.

TIME.—Altogether, about 1 hour. AVERAGE COST, 10*d*. SUFFICIENT for 4 or 5 persons.

STRAWBERRY CREAM

INGREDIENTS.—1 lb. of strawberries, ½ pint of cream, 3 oz. of castor sugar, ¾ oz. of leaf gelatine, the juice of 1 lemon.

METHOD.—Pick the strawberries, and pass them through a fine hair sieve. Dissolve the gelatine and sugar in 2 tablespoonfuls of water, and add the lemon-juice. Strain the gelatine, etc., into the strawberry purée, add the cream well whipped, mix lightly together, and pour into the prepared mould. Set on ice or in a cold place until firm.

TIME.—From 35 to 40 minutes. AVERAGE COST, 2*s*. SUFFICIENT for 1 medium-sized mould. SEASONABLE from June to August.

VANILLA CREAM

INGREDIENTS.—1 pint of cream, 1 oz. of castor sugar, ½ oz. of leaf gelatine, 1 gill of water, 1 teaspoonful of vanilla essence.

METHOD.—Whip the cream stiffly, add the castor sugar and vanilla essence. Dissolve the gelatine in the water, when cool strain into the cream, mix well, and pour into the prepared mould. Let it remain on ice or in a cold place until set.

TIME.—About 20 minutes. AVERAGE COST, 2*s*. to 2*s*. 4*d*. SUFFICIENT for 1 medium-sized mould.

JELLIES

APPLE JELLY.

INGREDIENTS.—1 lb. of apples, 3 oz. of castor sugar, ½ oz. of leaf gelatine, 1 lemon, ½ pint of water.

METHOD.—Peel and slice the apples, put them into a stewpan with the sugar, water, the juice and thinly-cut rind of the lemon, simmer until tender, and rub through a fine sieve. Melt the gelatine in 2 tablespoonfuls of water, strain and stir it into the apple preparation, and turn into a prepared mould.

TIME.—About 1 hour. AVERAGE COST, 6*d*. SUFFICIENT for 1 medium-sized mould.

ASPIC JELLY.

INGREDIENTS.—2 quarts of jellied veal stock, 2 oz. of gelatine, ¼ pint of sherry, ¼ pint of vinegar (preferably French wine vinegar), the shells and whites of 2 eggs, 1 bouquet-garni (parsley, thyme, bay-leaf), 2 strips of celery.

METHOD.—Let the stock become quite cold, and remove every particle of fat. Put it into the stewpan with the gelatine, herbs, celery cut into large pieces, the egg-shells, and the whites previously slightly beaten. Whisk over a sharp fire until near boiling, and add the wine and vinegar. Continue the whisking until quite boiling, then draw the stewpan aside, let the contents simmer for about 10 minutes and strain till clear and use as required.

TIME.—From 40 to 60 minutes, after the stock is made. AVERAGE COST, 1*s*. 2*d*., exclusive of the stock. SUFFICIENT for 2 quarts of jelly.

ASPIC JELLY FROM CALVES' FEET.

INGREDIENTS.—2 calves' feet, 5 pints of cold water, 1 onion, 1 leek, 2 shallots, 1 carrot, 2 or 3 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 2 dozen peppercorns, salt, 1 lemon, 2 tablespoonfuls each of malt and tarragon vinegars, 1 tablespoonful of chili vinegar, the whites and shells of 2 eggs, ¼ pint of sherry (optional).

METHOD.—Wash, blanch, and divide each foot into 4 or more pieces. Replace in the stewpan, add 5 pints of water; when boiling skim carefully, add the vegetables cut into large pieces, herbs, peppercorns, salt to taste, and simmer gently from 5 to 6 hours. Strain, and when cold, carefully remove every particle of fat. Now place the stock, the juice of the lemon and the rind finely pared, the whites and shells of the egg in the stewpan, whisk over the fire until hot, then add the wine and vinegar. Bring to the boil, whisking meanwhile. Simmer slowly for 30 minutes, strain carefully through a thin cloth or jelly bag.

TIME.—About 1 hour, to clear and strain. AVERAGE COST, 2*s*. 9*d*. to 3*s*. SUFFICIENT for 1 quart.

Note.—When the jellied stock is not sufficiently stiff, a little French leaf gelatine should be added when clearing.

ASPIC JELLY FROM GELATINE.

INGREDIENTS.—2½ oz. of leaf gelatine, 1 quart of water, the whites and shells of 2 eggs, 1 lemon, ¼ pint of malt vinegar, 1 tablespoonful of tarragon vinegar, 1 onion, carrot, 2 or 3 strips of celery, a bouquet-garni (parsley, thyme, bayleaf), 10 peppercorns, 1 tablespoonful of salt.

METHOD.—Whip the whites of eggs slightly, pare the lemon-rind as thinly as possible, and strain the juice. Put them with the rest of the ingredients into a stewpan, whisk over a brisk fire until boiling, and simmer very gently for about 20 minutes. Strain carefully through a thin cloth or jelly bag.

TIME.—About 1 hour. AVERAGE COST, 10*d*. or 11*d*. SUFFICIENT for 1½ pints.

Note.—Jelly of this description is used principally for lining and garnishing moulds. If too stiff it may be diluted with a little water, or sherry when additional flavour is desired.

CALF'S FOOT JELLY

(*See* **Aspic Jelly from Calves' Feet**).

CLARET JELLY.

INGREDIENTS.—1 pint of claret, ¾ pint of water, ¼ pint of lemon-juice, the thinly-cut rind of 2 lemons, 6 oz. of loaf sugar, 1½ oz. of leaf gelatine, the whites and shells of 2 eggs, a few drops of cochineal.

METHOD.—Put all these ingredients into a stewpan, and whisk over the fire until it boils. Simmer for about 10 minutes, then strain through a scalded bag or cloth, add a few drops of cochineal to improve the colour, pour into a wet mould, and put in a cool place to set.

TIME.—About 40 minutes. AVERAGE COST, *1s. 6d.* to *2s.* SUFFICIENT for 1¾ pints.

GELATINE JELLY.

INGREDIENTS.—1 quart packet of calf's foot gelatine, 5 oz. of loaf sugar, 2 lemons, the stiffly-whipped whites and crushed shells of 2 eggs, ½ pint of sherry, ½ pint of cold water, 1 pint of boiling water.

METHOD.—Soak the gelatine in the cold water for ½ an hour, then put it into a stewpan with the boiling water, sugar, whites and shells of eggs, thin rind and strained juice of the lemons, and the sherry. Whisk the mixture until it boils, let it stand 10 minutes to clear, then strain through a jelly bag or cloth.

TIME.—About 1 hour. AVERAGE COST, *1s. 6d.* SUFFICIENT for 1 quart.

GRAPE JELLY.

INGREDIENTS.—1½ pints of wine jelly or gelatine jelly, black grapes.

METHOD.—Arrange the grapes and jelly in alternate layers, and, if liked, intersperse shredded almonds and strips of pistachio kernels.

TIME.—1 hour. AVERAGE COST, from *2s.* to *2s. 6d.* SUFFICIENT for about 1¾ pints.

JELLY WITH BANANAS

(*See* **Jelly with Oranges**).

Substitute slices of banana.

JELLY WITH FRUIT.

INGREDIENTS.—1½ pints of lemon or wine jelly, mixed fruit, such as grapes, strawberries, red and white currants, small slices or dice of pine-apple, peaches and apricots.

METHOD.—Rinse the mould with cold water, place it in a basin or shallow pan of broken ice, cover the bottom with a thin layer of cool jelly and let it set. Add some of the fruit, contrasting the colours carefully, cover with jelly, and leave it to stiffen. Repeat until the mould is full, taking care that each layer is firmly fixed before adding another. Turn out when set, and serve.

TIME.—About 1 hour. AVERAGE COST, from *2s. 3d.* to *3s. 6d.* SUFFICIENT for 1 large mould.

JELLY WITH ORANGES.

INGREDIENTS.—6 Tangerine oranges, 1 pint of lemon or wine jelly.

METHOD.—Peel the oranges, remove every particle of pith, and divide them into sections. Cover the bottom of a charlotte mould with a little cool jelly, let it set, then arrange sections of orange neatly overlapping each other round the mould. Cover with more jelly, let it set, then add another layer of oranges, and repeat until the mould is full.

TIME.—From 1 to 1½ hours, when ice is used. AVERAGE COST, *1s. 6d.* to *1s. 9d.* SUFFICIENT for 1 medium-sized mould. SEASONABLE from November to August.

LEMON JELLY.

INGREDIENTS.—1¼ pints of water, ½ pint of sherry, ¼ pint of lemon-juice, 6 oz. of loaf sugar, the finely-peeled rind of 4 lemons, the whites and shells of 2 eggs, 1½ oz. of leaf gelatine.

METHOD.—Put the water, lemon-

rind and juice, gelatine, sugar, egg shells, and the slightly beaten whites together into a stewpan, boil up, whisking meanwhile, simmer for about 10 minutes, then strain through a scalded jelly-bag, or linen cloth. Add the wine, and use as required.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 8*d.* SUFFICIENT for 1¾ pints.

Note.—When the jelly is intended to line or garnish moulds, an extra ½ oz. of gelatine should be added, especially so in hot weather.

ORANGE JELLY.

INGREDIENTS.—1 pint of orange-juice (strained), 1 pint of boiling water, 2 oz. of loaf sugar, 1½ oz. of gelatine, the juice of 2 lemons, the thinly-cut rind of 2 oranges.

METHOD.—Put the water, gelatine, sugar, and orange-rinds into a stewpan, bring to the boil, and let the mixture stand by the side of the fire for about 10 minutes. Have the strained orange and lemon-juice ready in a basin, add the contents of the stewpan, pouring them through a piece of muslin or a strainer. When cool, pour into a mould rinsed with cold water. This jelly is never cleared, as it spoils the flavour.

TIME.—About 40 minutes. AVERAGE COST, 1*s.* SUFFICIENT for 1 quart of jelly. SEASONABLE from November to August.

PORT WINE JELLY.

INGREDIENTS.—½ pint of port wine 1½ gills of water, 1 oz. of loaf sugar, ½ an oz. of leaf gelatine, 1 tablespoonful of red-currant jelly, cochineal.

METHOD.—Put the water, sugar, red-currant jelly and gelatine into a stewpan, and stir the ingredients by the side of the fire until dissolved. Add half the wine, a few drops of cochineal to improve the colour, and strain through muslin or jelly bag. Add the remainder of the wine at the last.

TIME.—About ½ an hour. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 1 small mould.

RED CURRANT JELLY.

INGREDIENTS. — Red currants, preserving sugar.

METHOD.—Strip the currants from the stalks, put them into a jar placed in a saucepan of boiling water, and simmer gently until the juice is extracted, then strain the juice through a jelly-bag or fine cloth into a preserving-pan. To each pint add from ¾ to 1 lb. of sugar, and boil gently until a little of the jelly, when tested on a cold plate, almost immediately sets. Pour into small pots, cover closely, and keep in a cool, dry place.

TIME.—About 1¼ hours. AVERAGE COST, 1*s.* to 1*s.* 3*d.* per lb.

RHUBARB JELLY.

INGREDIENTS.—1 small bundle of rhubarb, 3 ozs. of castor sugar, or to taste, ¾ oz. of leaf gelatine, the finely-cut rind of 1 lemon, ½ pint of water.

METHOD.—Wipe the rhubarb with a cloth, trim it, and cut it into short lengths, put it into a stewpan with the water, sugar, and lemon-rind, simmer until tender, and rub through a hair sieve. Dissolve the gelatine in 2 tablespoonfuls of water, and strain into the rest of the ingredients. Turn into a wetted mould, and keep on ice or in a cold place until set.

TIME.—About 1 hour. AVERAGE COST, 6*d.* to 7*d.* SUFFICIENT for 1 medium-sized mould. SEASONABLE from February to May.

STRAWBERRY JELLY.

INGREDIENTS.—1 lb of strawberries, ½ lb. of loaf sugar, 2 oz. of gelatine, the juice of 1 lemon, the whites and shells of 2 eggs, a little lemon jelly.

METHOD.—Boil the sugar and 1 pint of cold water to a syrup, and when cool pour it over ½ lb. of strawberries, previously picked and crushed to a pulp. Cover the basin and let the fruit remain thus for ½ an hour. Coat a mould thinly with lemon jelly, decorate tastefully with whole strawberries, and fix

them firmly in place with a little more jelly. Place the gelatine with 1 pint of water in a stewpan; when dissolved add the strawberry preparation and the lemon-juice. Let the mixture cool, then stir in the whites of the eggs and the shells. Whisk until boiling, and strain through a jelly-bag or cloth until clear. When the preparation is cold and on the point of setting pour it into the prepared mould, and let it remain on ice or in a cool place until firm.

TIME.—About 1½ hours. AVERAGE COST 1*s.* 9*d.* to 2*s.* 3*d.* SUFFICIENT for 1 large mould. SEASONABLE from June to August.

WINE JELLY.

INGREDIENTS.—1 quart of water, ½ of a pint of wine sherry or Marsala, 4 oz. of loaf sugar, 2½ oz. of French leaf gelatine, 1 orange, 1 lemon, ½ oz. of coriander seed, the whites and shells of 2 eggs.

METHOD.—Put the water, sugar, gelatine, the juice and finely-cut rind of the orange and lemon, and the coriander seeds into a stewpan, and let them soak until the gelatine is softened. Whisk the whites and shells of the eggs together, add them to the rest of the ingredients, and whisk over the fire until boiling. Simmer gently for 10 minutes, then strain through a hot jelly-bag or cloth until clear, and pour into a wet mould.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 9*d.* SUFFICIENT for 1 quart of jelly.

OMELETS

JAM OMELET

(*See* **Omelet, Sweet.**)

OMELET, SWEET.

INGREDIENTS.—4 fresh eggs, 1 tablespoonful of cream or milk, 1 oz. of fresh butter, 1 teaspoonful of castor sugar, a pinch of salt.

METHOD.—Beat the eggs well, and add the salt, sugar, and cream or milk. Heat the butter in an omelet pan, then pour in the eggs; stir with a spoon or fork until they begin to set, and fold towards the side of the pan in the form of a crescent. Cook for 1 minute longer, then turn on to a hot dish, dredge with castor sugar, and serve as quickly as possible.

TIME.—6 or 8 minutes. AVERAGE COST, 8*d.* SUFFICIENT for 2 or 3 persons.

Note.—Variety may be introduced by adding a little warm jam or fruit purée; it should be spread lightly in the centre of the omelet just before it is folded over.

RUM OMELET.

INGREDIENTS.—3 eggs, ½ oz. of butter, 1 tablespoonful of cream, 1 teaspoonful of castor sugar, a pinch of salt, 1 small glass of rum.

METHOD.—Beat the eggs well, add the cream, sugar, and the salt. Heat the butter in an omelette pan, pour in the eggs, stir until they begin to set, then fold quickly towards the handle of the pan. Cook a little longer to brown the under surface, then turn on to a hot dish, pour the rum round, light it and serve at once.

TIME.—About 10 minutes. AVERAGE COST, 9*d.* SUFFICIENT for 2 persons.

PASTE, CRUST, ETC.

BATTER FOR FRYING.

INGREDIENT.—4 oz. of flour, ½ oz. of butter melted, 1 tablespoonful of cream, 1 yolk of egg, 2 whites of eggs, a good pinch of salt, ⅛ pint of warm water (about).

METHOD.—Sieve the flour into a basin, add the salt, yolk of egg,

butter, and cream, and stir until smooth, adding the water gradually. Beat well, put aside for at least ½ an hour, then add the white of eggs, previously stiffly-whipped, and use as required.

TIME.—About 1 hour. AVERAGE COST, 5*d.* or 6*d.*

PANCAKE BATTER

(*See* **Batter for Frying, and Yorkshire Pudding**).

CHOUX PASTE.

INGREDIENTS.—4 oz. of fine flour, 4 oz. of butter, 2 oz. of sugar, 2 large or 3 small eggs, ½ pint of water, salt, vanilla essence or other flavouring.

METHOD.—Put the water, butter, sugar and a good pinch of salt into a stewpan, and when boiling add the flour, previously well dried and sieved, and stir and cook gently for at least 10 minutes. Let it cool a little, then beat in the eggs one at a time, add a few drops of the flavouring ingredient and use as required.

TIME.—About ½ an hour. AVERAGE COST, 8*d.*

DRIPPING CRUST (For Plain Pies and Puddings).

INGREDIENTS.—1 lb. of flour, 6 oz. of clarified dripping, ½ pint of water.

METHOD.—With a knife mix the flour to a smooth paste, adding the water gradually. Roll the paste out thinly, place ⅓ of the dripping over it in small pieces, and fold over. Repeat this process twice, using ⅓ of fat each time, and use as required.

TIME.—20 minutes. AVERAGE COST 4*d.* to 5*d.* SUFFICIENT for 2 lb.

MINCEMEAT.

INGREDIENTS.—1 lb. of finely-chopped suet, 1 lb. of currants, washed and picked, 1 lb of raisins stoned and quartered, 1 lb. of chopped apples, 1 lb. of castor sugar, ½ lb. of sultanas, ¼ lb. of shredded mix candied peel, 2 lemons, ½ gill of brandy, ½ a saltspoonful each of nutmeg, mace, and cinnamon.

METHOD.—Pare the lemons thinly; simmer the rinds in a little water until perfectly tender, then pound them or rub them through a fine sieve. Mix all the ingredients well together, press into a jar, cover closely, and keep in a cool, dry place for at least 1 month before using.

AVERAGE COST.—6*d.* per lb.

PASTE, FLAKY (For Pies, Tarts, and Tartlets).

INGREDIENTS.—12 oz. of flour, 9 oz. of butter, or butter and lard mixed, ¼ pint of water (about).

METHOD.—Sieve the flour into a basin, and rub in lightly ⅓ of the butter. Add the water and mix into a smooth paste, more or less moist, according to the consistency of the butter, with which it must agree in this respect; roll it out into a long, narrow strip. Divide the remainder of the butter into 3 equal portions; put one portion on the paste in small pieces, dredge lightly with flour, fold it evenly in three, turn it round so as to have the folded edges to the right and left when rolling, press the edges lightly with the rolling-pin, to prevent the air escaping, and roll out as before. Repeat this process with the other portions of butter. The pastry may be used at once, but it will be lighter if allowed to stand for 1 hour in a cool place before being used. In making-up, handle as lightly, and roll as evenly, as possible. Bake in a hot oven, and avoid opening the oven door until the pastry has risen and become partially baked.

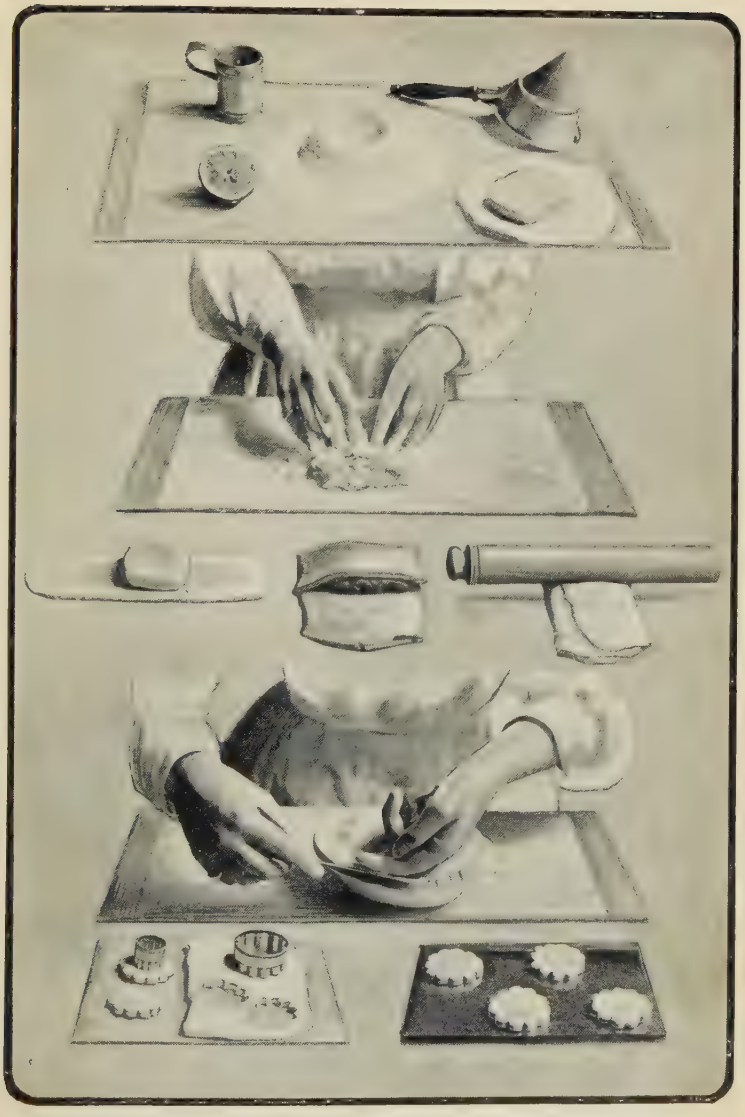
TIME.—½ an hour to bake. AVERAGE COST, 10*d.*

PASTE, PUFF.

INGREDIENTS.—1 lb. of flour, 1 lb. of butter, 1 teaspoonful of lemon-juice, about ⅓ pint of cold water.

METHOD.—Wash and squeeze the

HOW TO MAKE PASTRY.



Sieve the flour, add water, and mix with the fingers; roll out and place the butter in the centre; fold the ends over, making an envelope for the butter; roll out; method of flaking edge of pies; method of cutting out tartlets or bouchées; tartlets for baking.

PIPING OR FANCY CAKE ICING.

Make an ordinary grocer's paper bag, place one of the piping funnels at the bottom, pour the prepared sugar into the bag, and tear the paper off the point of it. Hold the bag in the right hand, and with the fingers of the left squeeze the sugar through the funnel. The piping tubes have teeth, and patterns of piping vary according to the "outlet."

butter in cold water, dry well in a floured cloth, shaped into a square about the size of a slice of sandwich bread, and keep in a cool place while the paste is being prepared. Sieve the flour on to a marble slab or board, make a well in the centre, put in the lemon-juice, and add water gradually until a smooth paste is formed. The condition of the butter determines the consistency; when soft, the paste must be equally so. Knead the paste until smooth, then roll it out into a strip a little wider than the butter, and rather more than twice its length. Place the butter on one half of the paste, fold the other half over, enclosing the butter entirely, and press the edges together with the rolling-pin. Let it remain in a cool place for about 15 minutes, then roll out to about three times the original length, but keeping the width the same, and fold exactly in three. Turn the paste round so that the folded edges are on the right and left, roll and fold again, and put aside for 15 minutes. Repeat this until the paste has been rolled out six times. The rolling should be done as evenly as possible, and the paste kept in a long, narrow shape which, when folded, forms a square. Each time the paste is rolled out, it may be well sprinkled with flour, but it must be evenly distributed with a paste-brush, and all the loose flour carefully brushed off before beginning to roll. When the paste has had its sixth roll, it is ready for use; it should be baked in a hot oven, and until the paste has risen and become partially baked the oven door should not be opened, because a current of cold air may cause the flakes to collapse on one side.

TIME.—1½ hours. AVERAGE COST, *1s.* to *1s. 2d.* per lb.

PASTE FOR RAISED PIES.

INGREDIENTS.—1 lb. of flour, 6 oz. of lard, ¼ pint of water, ½ a teaspoonful of salt.

METHOD.—Put the flour and salt into a warm basin, and let it stand near the fire until it feels dry and warm. Boil the lard and water for 5 minutes, then pour the mixture into the centre of the flour, and mix well with a spoon until cool enough to knead with the hands. Knead well, keeping it warm during the process, let it remain near the fire for about 1 hour, then re-knead and use at once.

Throughout the processes of mixing, kneading, and moulding, the paste must be kept warm otherwise moulding will be extremely difficult. On the other hand, if the paste be too warm, it will be so soft and pliable that it cannot retain its shape, or support its own weight. Fine flour is not to be recommended for this purpose, for it is deficient in gluten, a sticky, tenacious substance which greatly increases the adhesive properties of the paste, and so makes it easier to mould.

TIME.—1½ hours. AVERAGE COST, *5d.* SUFFICIENT for 1 large pie.

PASTE, RICH SHORT CRUST.

INGREDIENTS.—1 lb. of flour, ¾ lb. of butter, 2 yolks of eggs, 1 level tablespoonful of castor sugar, 1 teaspoonful of baking-powder.

METHOD.—Rub the butter lightly into the flour, add the baking-powder, sugar, yolks of eggs, and a little water if necessary, but this paste must be rather stiff, and when the butter is soft or the paste is being mixed in a warm place, only a few drops of water may be required. Roll out thinly and use at once. The crust for fruit tarts should be lightly brushed over with cold water, and dredged with castor sugar before being baked.

TIME.—¼ of an hour. AVERAGE COST, *1s. 2d.* SUFFICIENT for 2 tarts of medium size or 24 patty-cases.

PASTE, ROUGH PUFF, OR HALF-PUFF.

INGREDIENTS.—8 oz. of flour, 6 oz. of butter (or equal quantities

of butter and lard), ½ a teaspoonful of lemon-juice, salt, about ¼ pint of water.

METHOD.—Sieve the flour on to a pasteboard, divide the butter into pieces about the size of a small walnut, and mix them lightly with the flour. Make a well in the centre, put in the lemon-juice, salt, and 1 tablespoonful of water, mix lightly, keeping the pieces of butter intact, and add water gradually until a moderately stiff paste is formed. Roll into a long strip, fold it equally in 3, turn it round so as to have the folded edges to the right and left, and roll out as before. Repeat until the paste has been rolled out 4 times, then use; or, if convenient, let it remain for 1 hour in a cool place before being used.

TIME.—½ an hour. AVERAGE COST, 8*d.*, if butter is used. SUFFICIENT for 1 pie of average size.

PASTE, SHORT CRUST.

INGREDIENTS.—8 oz. of flour, 2 oz. of butter, 2 oz. of lard, 1 yolk of egg, 1 teaspoonful of baking-powder, a good pinch of salt, about ⅛ pint of water.

METHOD.—Rub the butter and lard lightly into the flour, add the baking-powder, salt, yolk of egg, and as much water as is necessary to form a stiff paste. Roll out to the required thickness, and use at once.

TIME.—¼ of an hour. AVERAGE COST about 4½*d.* SUFFICIENT for 1 medium-sized tart.

PASTE, SHORT CRUST, PLAIN.

INGREDIENTS.—½ lb. of flour, 3 oz. of lard, clarified fat or dripping, 1 teaspoonful of baking-powder (heaped), ¼ of a teaspoonful of salt, ¼ pint of water.

METHOD.—Pass the flour, salt, and baking-powder through a sieve into a large basin, then rub in the fat, add the water, and work into a smooth paste with a knife. Roll out to desired shape and thickness, and use at once. When required for fruit tarts, 1 tablespoonful of sugar should be added to the above ingredients.

TIME.—¼ of an hour. AVERAGE COST 3*d.* SUFFICIENT for 1 medium-sized tart.

POTATO PASTE.

INGREDIENTS. — 1 lb. of dry, floury potato, 1 lb. of flour, 2 oz. each of lard and dripping, 1 egg, a little warm milk, 1 good teaspoonful of baking-powder, a good pinch of salt.

METHOD.—Bake enough potatoes (in their skins) to yield 1 lb. of potato, which mash smoothly or pass through a sieve. Rub the lard and dripping lightly into the flour, add the potato, baking-powder and salt, and stir in the egg and enough milk to form a smooth paste. Roll out to about 1 inch in thickness, cut into rounds or squares, place in a greased tin, and bake in a moderate oven, turning 2 or 3 times during the process, that both sides may be equally browned. Split, butter liberally, and serve at once.

TIME.—To bake, about 25 minutes. AVERAGE COST, 7*d.* SUFFICIENT for 5 or 6 persons.

SUET CRUST.

INGREDIENTS.—12 oz. of flour, 6 oz. of suet, 1 heaped teaspoonful of baking-powder, ½ of a teaspoonful of salt, ½ of a pint of cold water.

METHOD.—Free the suet from skin, shred it into fine flakes, but do not chop it. Add the flour to the suet, and mix both well together in a basin, then add the salt, baking-powder, and as much water as is necessary to mix the whole into a fairly stiff paste. Knead lightly, then roll out, and use for any kind of pie or pudding intended to be eaten hot.

TIME.—2½ hours. AVERAGE COST, 5*d.* SUFFICIENT for 1 large pie.

PUDDINGS, ETC.

APPLE AMBER PUDDING.

INGREDIENTS.—6 large apples, 3 oz. of brown sugar, 2 oz. of butter, 3 eggs, 1 lemon, cherries, strips of angelica, short paste, or puff paste trimmings, castor sugar.

METHOD.—Line the edge of a pie-dish with thin strips of paste about 3 inches wide, and decorate the edge with overlapping leaves or small rounds of pastry, which must be securely fixed by means of white of egg. Peel and slice the apples, stew them gently with the butter, sugar, and lemon-rind until tender, then pass through a fine sieve, and add the yolks of eggs. Pour the mixture into the piedish, bake gently for 20 minutes, then pile the stiffly-whisked whites of eggs on the top. Dredge liberally with castor sugar, decorate with cherries and angelica, and replace in the oven until the whites of eggs harden and acquire a little colour. Serve either hot or cold.

TIME.—½ an hour, to bake the pudding. AVERAGE COST, about 1*s.* 3*d.*, in addition to cost of paste. SUFFICIENT for 6 or 7 persons.

APPLE CHARLOTTE.

INGREDIENTS.—2 lb. of good cooking apples, 4 oz. of brown sugar, or to taste, 1 oz. of butter, the rind of 1 lemon. For lining the mould: thin slices of bread, oiled butter.

METHOD.—Peel, core, and slice the apples, put them into a stewpan with the sugar, and 1 tablespoonful of water, and cook until tender. When the apples are reduced to a soft, smooth pulp, add the butter and lemon-rind, and sweeten to taste. Meanwhile, take a plain soufflé mould, and cover the bottom with a round of bread, previously cut in quarters and dipped into the melted butter. If a pretty dish is desired, the sides of the mould should be lined with rounds of bread of ¾ inch diameter, arranged overlapping each other; but as 3 or 4 tiers may be required, this method occupies considerable time. It may be more quickly lined with long, narrow strips, the size of Savoy biscuits; these may also overlap each other, or they may also be laid flat against the tin. Each piece of bread must be dipped into the oiled butter before being used. When the mould is ready, put in the apple pulp, cover the top with a round of bread, and bake in a moderate oven for about 30 minutes.

TIME.—About 2 hours. AVERAGE COST, 1*s.* to 1*s.* 2*d.* SUFFICIENT for 6 or 7 persons.

APPLE DUMPLINGS, BAKED.

INGREDIENTS.—½ lb. of short crust paste, 5 or 6 apples, according to size, 1 tablespoonful of currants, a little moist sugar.

METHOD.—Peel and core the apples, and fill the centre with currants. Roll out the paste thinly, and cut it into rounds nearly large enough to cover the apples. Place one in the centre of each round, wet the edges of the paste, and press gently to the top of the apple. Put them join downwards on a baking-sheet, and bake them 20 to 30 minutes in a moderately hot oven. When nearly done, brush lightly over with water, sprinkle over with moist sugar, and return to the oven to finish baking. Serve either hot or cold.

TIME.—About 1 hour. AVERAGE COST, 7*d.* to 9*d.* SUFFICIENT for 5 or 6 persons.

APPLE DUMPLINGS, BOILED.

INGREDIENTS.—¾ lb. of suet crust paste, 6 apples, 6 cloves, moist sugar,

METHOD.—Pare and core the apples, fill the cavities with sugar, and add a clove. Roll the paste and cut rounds large enough to rather more than ¼ cover the apples. Place one on each round of paste, slightly wet the edges, and press

them gently to the top of the apples where they must be completely joined. Tie each dumpling in the corner of a well-floured pudding cloth, put them into boiling water and boil gently from 40 to 50 minutes.

TIME.—To make and cook, from 1½ to 1¾ hours. AVERAGE COST 9*d.* each. SUFFICIENT for 5 or 6 persons.

APPLE PUDDING, BAKED

(*See* **Friar's Omelet**).

APPLE PUDDING, STEAMED.

INGREDIENTS.—¼ lb. of bread-crumbs, ¼ lb. of suet (finely chopped). ¼ lb. of apples, ¼ lb. moist sugar, 2 eggs, ¼ pint of milk, a good pinch of salt, a good pinch of nutmeg.

METHOD.—Pare, core, and chop the apples coarsely. Mix all the dry ingredients together, add the eggs, previously beaten, and the milk, and mix well. Let the mixture stand 1 hour for the bread to soak, then if not sufficiently moist for the mixture to drop readily from the spoon, add a little more milk. Pour into a well-greased basin, and steam 2 hours. Serve with a suitable sauce.

TIME. — Altogether, 2¼ hours. AVERAGE COST, 8*d.* or 9*d.* SUFFICIENT for 5 or 6 persons.

APPLE SNOWBALLS.

INGREDIENTS.—Apples. To each apple allow 1 tablespoonful of rice, ½ pint of milk, or milk and water mixed, a clove, 1 teaspoonful of moist sugar.

METHOD.—Simmer the rice in the milk until all the milk is absorbed (a good pinch of salt should be added to the rice and milk, and, if liked, 1 tablespoonful of sugar to every pint of milk). Pare and core the apples, keeping them whole, fill the centre of each with sugar, and put in a clove, if liked. Cover with the rice, and tie each ball in the corner of a pudding cloth. Put into boiling water, and boil gently from 45 to 60 minutes. Serve with sugar.

TIME.—About 2 hours. AVERAGE COST, 1½*d.* to 2*d.* each. Allow 1 to each person.

APPLES AND RICE.

INGREDIENTS. — 4 or 5 apples, 1½ pints of milk, 2 tablespoonfuls of rice, 1 heaped tablespoonful of sugar, 1 oz. of butter, lemon-rind, and other flavouring, a good pinch of salt, raspberry-jam or sugar and butter.

METHOD.—Wash the rice, put it into a saucepan with salt, lemon-rind, and milk, simmer until the greater part of the milk is absorbed and the rice becomes tender, then stir in the butter and sugar, and remove the lemon-rind. Peel and core the apples, place them in a piedish, fill the cavities with raspberry jam or a little butter and sugar. Fill the spaces between the apples with rice, and bake in a slow oven until the apples are tender, but not broken.

TIME.—About 1 hour. AVERAGE COST, 8*d.* to 10*d.* SUFFICIENT for 4 or 5 persons.

APPLES, BAKED.

INGREDIENTS.—6 apples, 1 white of egg, castor sugar, jam or jelly.

METHOD.—Pare and core the apples, keeping them whole; roll up an apple-paring tightly, and place it in the centre of each apple. Brush over with white of egg, and put aside until it dries; then re-coat, sprinkle with castor sugar, put the apples into a piedish, cover with a greased paper, and bake in a slow oven until tender. Be careful not to over cook, or they may break. When done, remove the apple-paring, and fill the cavity with blackberry or black currant jelly, blackberry or raspberry jam, or whatever may be preferred; a small piece of butter and some brown sugar is liked by many.

TIME.—About 1 hour. AVERAGE COST, 4*d.* to 6*d.*, without the jam. SUFFICIENT for 4 or 5 persons.

ARROWROOT PUDDING, BAKED.

INGREDIENTS.—1 pint of milk, 1 tablespoonful of arrowroot, 1 tablespoonful of castor sugar, 3 eggs, a pinch of salt.

METHOD.—Mix the arrowroot smoothly with a little milk, boil the remainder and add it to the arrowroot, stirring all the time. Return to the saucepan and boil gently until it thickens, then cool slightly. Add the sugar, yolks of eggs, previously well beaten, and stir by the side of the fire for 2 or 3 minutes. Whip the whites to a stiff froth, lightly add them to the rest of the ingredients, pour into a well-buttered piedish, and bake slowly for about ½ an hour.

TIME.—About 45 minutes. AVERAGE COST, *6d.* SUFFICIENT for 4 or 5 persons.

BABA WITH RUM SYRUP.

INGREDIENTS.—¾ lb. of flour, ½ oz. of yeast, 2 oz. of castor sugar, 4 oz. of butter, 1½ oz. of currants cleaned and picked, ⅓ pint of milk, a good pinch of salt. For the syrup: ¾ pint of water, 2 oz. of loaf sugar, 2 tablespoonfuls of apricot jam, 1 wineglassful of rum.

METHOD.—Dry the flour thoroughly, sieve 4 oz. of it into a warm, dry basin, add the salt, and make a well in the centre. Mix the yeast smoothly with a little warm milk, add it to the flour, knead the preparation into a smooth dough, then cover with a cloth, and let it rise in a warm place. Sieve the remainder of the flour into a large basin, make a well in the centre, and put in the salt, sugar, warmed butter, eggs, and the remainder of the milk; beat with the hand for 15 minutes, and cover with a cloth. When the dough has risen to twice its original size, mix the contents of the 2 basins together, add the currants, and knead lightly for 15 minutes. Have ready 1 large or 8 small well-buttered moulds with straight sides, sprinkle the bottom and sides with a few currants, half fill with dough, stand near the fire until it rises nearly to the top of the mould, then bake in a moderately hot oven. When done, turn on to a sieve, and baste well with rum syrup, then place in a hot dish, pour the syrup over, and serve hot. To make the syrup, boil the sugar and water together until considerably reduced, then add the jam, boil for 10 minutes, strain, return to the stewpan, put in the rum, bring to boiling point, and use as directed

TIME.—About 3 hours. AVERAGE COST, 1*s.* SUFFICIENT for 6 or 7 persons.

BACHELOR'S PUDDING.

INGREDIENTS.—4 oz. of bread-crumbs, 4 ozs. of currants cleaned and picked, 4 oz. of apples weighed after being pared and cored, 2 oz. of sugar, 3 eggs, the grated rind of ½ a lemon, 1 small teaspoonful of baking-powder, nutmeg, salt.

METHOD.—Chop the apples coarsely, add to them the bread-crumbs, currants, sugar, lemon-rind, a good pinch each of nutmeg and salt, mix well together, then stir in the well beaten egg. Let the mixture stand for ½ an hour; then stir in the baking-powder, add more milk if the mixture is at all stiff, and turn into a well-greased basin. Steam or boil about 3 hours, and serve with sweet melted butter sauce.

TIME.—Altogether, about 3 hours. AVERAGE COST, 8*d.* SUFFICIENT for 5 or 6 persons.

BANANA PUDDING.

INGREDIENTS.—2 bananas, 4 oz. of castor sugar, 4 oz. of flour, 1 oz. of butter, ½ gill of cream or milk, 3 eggs.

METHOD.—Cream the butter and sugar well together, beat in the yolks of the eggs separately, stir in the flour, and add the cream or milk, and the bananas thinly sliced. Whip the whites of the eggs to a stiff froth, add them lightly to the rest of the ingredients, and pour the mixture into 1 large or several small

well-buttered moulds. Steam or bake a large pudding from 1 to 1½ hours, or small ones from 30 to 35 minutes. Serve with a fruit syrup or sweet sauce.

TIME.—From 1½ to 1¾ hours. AVERAGE COST, 9*d*. SUFFICIENT for 5 or 6 persons.

BARONESS PUDDING.

INGREDIENTS.—¾ lb. of finely-chopped suet, ¾ lb. of flour, ¾ lb. of raisins stoned, ½ pint of milk, a saltspoonful of salt.

METHOD.—Mix all the dry ingredients together, add the milk, and stir well. Put into a well-greased basin, and boil or steam for about 3 hours. Serve with any suitable sweet sauce, or with a little sugar.

TIME.—About 3¾ hours. AVERAGE COST, about 1*s*. SUFFICIENT for 8 or 9 persons.

BATTER PUDDING, BAKED.

INGREDIENTS.—1 pint of milk, 2 eggs, 4 heaped tablespoonfuls of flour, salt, dripping.

METHOD.—Put the flour and a good pinch of salt into a basin, make a well in the centre, break in the eggs, stir, gradually mixing in the flour from the sides, and add milk by degrees until a thick, smooth batter is formed. Now beat well for 10 minutes, then add the remainder of the milk; cover, and let it stand for at least 1 hour. When ready to use, put a tablespoonful of dripping into a piedish, and while it is heating give the batter another good beating. Pour into the dish, and bake in a quick oven for about 35 mniutes. Serve with sugar, butter and sugar, jam, or stewed fruit.

TIME.—2 hours. AVERAGE COST, 4½*d*. SUFFICIENT for 4 or 5 persons.

Note.—The batter may also be baked in small cups or saucers (buttered). It may be varied by the addition of any kind of fresh or tinned fruit, or raisins, currants, candied peel, etc.

BATTER PUDDING, BOILED.

INGREDIENTS.—¾ to 1 pint of milk, 6 oz. of flour, 4 eggs, a good pinch of salt.

METHOD.—Mix the flour and salt together, and make a well in the centre of the flour. Beat the eggs thoroughly, strain them into the flour, and stir gently so that the flour becomes gradually incorporated. Add the milk a little at a time until the batter has the consistency of thick cream; then cover and let it stand for 1 hour. When ready pour into a well-buttered basin, cover with a scalded, well-floured cloth, and boil for about 1¼ hours.

TIME.—Altogether, about 3 hours. AVERAGE COST, 6*d*. SUFFICIENT for 5 or 6 persons.

Note.—Boiled batter puddings may be varied by the addition of either fresh or dried fruits. They should be placed in the basin, and the batter poured over them.

BLACK-CAP PUDDING.

INGREDIENTS.—4 oz. of flour, 1 oz. of sugar, 1 oz. of currants cleaned and picked, ½ pint of milk, 1 egg, 1 good pinch of salt.

METHOD.—Put the flour and salt into a basin, make a well in the centre of the flour, break in the egg, add the milk a little at a time, and stir, gradually working in the flour from the sides. When about half the milk has been used, give the batter a good beating, then add the rest of the milk, the sugar, and currants. The pudding may be cooked at once, but it will be lighter if allowed to first stand 1 hour. Cover with a greased paper, steam for 1½ hours, and serve with melted butter.

TIME.—2 to 3 hours. AVERAGE COST, 3*d*. SUFFICIENT for 3 or 4 persons.

BREAD AND BUTTER PUDDING, BAKED.

INGREDIENTS.—5 or 6 thin slices of bread and butter, 1 pint of milk, 2 eggs, 1 dessertspoonful of sugar, sultanas, currants, or candied lemon if liked.

METHOD.—Cut off the crust and divide each slice of bread into 4 squares, arrange them in layers in a

well-buttered piedish, and sprinkle each layer with sultanas or whatever is being used. Beat the eggs, add the sugar, stir until dissolved, then mix in the milk and pour gently over the bread, which should only half fill the dish. Let it stand at least 1 hour for the bread to soak, then bake in a moderately cool oven for nearly 1 hour.

TIME.—2¼ hours. AVERAGE COST, 6*d.* to 8*d.* SUFFICIENT for 4 or 5 persons.

BREAD PUDDING, BAKED.

INGREDIENTS.—8 oz. of stale bread, 4 oz. of raisins or currants cleaned and picked, 2 oz. of finely-chopped suet, 2 oz. of sugar, 1 egg, a little milk, a good pinch of nutmeg.

METHOD.—Break the bread into small pieces, cover them with cold water, soak for ½ an hour, then strain and squeeze dry. Beat out all the lumps with a fork, and stir in the sugar, suet, raisins, nutmeg, and mix well. Add the egg, previously beaten, and as much milk as is necessary to make the mixture moist enough to drop readily from the spoon. Pour into a greased piedish and bake gently for about 1 hour. When done, turn out on to a hot dish, and dredge well with sugar.

TIME.—1¾ to 2 hours. AVERAGE COST, 4*d.* to 5*d.* SUFFICIENT for 5 or 6 persons.

BREAD PUDDING, BOILED.

INGREDIENTS.—1 lb. of stale bread, 6 oz. of raisins or currants cleaned and picked, 3 oz. of finely-chopped suet, 3 ozs. of sugar, 2 oz. of peel, 1 egg, ¼ pint of milk, a good pinch of nutmeg.

METHOD.—Break the bread into small pieces, cover with cold water, soak for ½ an hour, then strain and squeeze dry. Beat out all the lumps with a fork, add the raisins, suet, sugar peel, and nutmeg, and mix well. Beat the egg, add to it the milk, and stir into the rest of the ingredients. Put into a greased basin, and steam or boil for 2 hours. Serve with a sweet sauce, if liked.

TIME.—About 3 hours. AVERAGE COST, 8*d.* SUFFICIENT for 5 or 6 persons.

BROWN BREAD PUDDING.

INGREDIENTS.—6 oz. of crumbled brown bread, 4 oz. of finely-chopped suet, 2 oz. of sugar, 2 oz. each of raisins, and sultanas cleaned and picked, 2 eggs, a little milk, a good pinch each of nutmeg, cinnamon, and salt.

METHOD.—Mix all the dry ingredients together. Beat the eggs thoroughly, stir them into the mixture, add milk until all the ingredients are moistened, then cover and let stand for ½ an hour or longer, to allow the bread to soak. Have ready a well-greased mould or basin; beat the mixture, add a little more milk if necessary, pour into the mould, and steam or boil for 3½ hours.

TIME.—About 4 hours. COST, 8*d.* to 9*d.* SUFFICIENT for 6 persons.

CABINET PUDDING.

INGREDIENTS. — Stale sponge cake or Savoy biscuits, ¾ pint of milk, 4 yolks and 2 whites of eggs, 6 or 8 ratafia biscuits, 1 tablespoonful of castor sugar, a few drops of vanilla, a few cherries, and a little angelica to ornament the mould.

METHOD.—Batter a mould with plain straight sides, ornament the bottom with strips of angelica and cherries cut in halves, and line the sides with narrow strips of sponge cake or Savoy biscuits. Break the trimmings of the cake or 3 or 4 biscuits into small pieces, put them together with the ratafias into the mould. Beat the eggs, add to them the sugar, flavouring, and milk, stir until the sugar is dissolved, then pour the custard slowly into the mould. Cover with a buttered paper, and steam gently for nearly 1 hour.

TIME.—1½ hours. COST, 10*d.* to 1*s.* SUFFICIENT for 5 or 6 persons.

CANARY PUDDING.

INGREDIENTS.—4 oz of flour, 3 oz. of sugar, 2 oz. of butter, 2 eggs, 1 teaspoonful of baking-powder, milk.

METHOD.—Cream the butter and sugar together until thick and smooth, and add each egg separately. Beat well, then stir in the flour and baking-powder as lightly as possible, and add milk gradually until the mixture drops readily from the spoon. Pour into a well-buttered mould, steam for about 1 hour, and serve with jam or custard sauce.

TIME.—About 1¼ hours. AVERAGE COST, 6*d*. SUFFICIENT for 5 or 6 persons.

CARAMEL PUDDING.

INGREDIENTS.—For the caramel: 2 oz. of loaf sugar, 2 tablespoonfuls of cold water. For the custard: ½ pint of milk, 4 yolks and 2 whites of eggs, 1 tablespoonful of castor sugar, a few drops of vanilla or other flavouring.

METHOD.—Boil the loaf sugar and cold water together until the liquid acquires a light-brown colour, then pour it into a charlotte or plain timbale mould, and turn the mould slowly round and round until every part of it is coated with the caramel. Beat the eggs, add to them the sugar, flavouring, and milk, and stir until the sugar is dissolved. Strain the custard into the mould, cover with a greased paper, steam very slowly for about 40 minutes, then turn out carefully. No other sauce is needed than the caramel, which runs off when the pudding is inverted. This pudding is equally nice cold; when intended to be served thus, it may be allowed to cool before being turned out of the mould, and so lessen the probability of its breaking. If preferred, 6 dariol moulds may be used instead of 1 large mould.

TIME.—About 1¼ hours. AVERAGE COST, 7*d*. or 8*d*. SUFFICIENT for 4 or 5 persons.

CARROT PUDDING.

INGREDIENTS.—½ lb. of young carrots, ½ lb. of fresh breadcrumbs, ¼ lb. of butter, ¼ lb. of castor sugar, ¼ lb. of glacé cherries, 2 eggs, 1 teaspoonful of ground cinnamon, a good pinch of salt.

METHOD.—Wash and scrub the carrots, but do not scrape them; put them into slightly salted water and boil until tender; then rub through a fine sieve. Cream the butter and sugar together, add the yolks of eggs and beat well, then mix in the breadcrumbs, cinnamon, cherries cut in quarters, and the carrot pulp. Whip the whites to a stiff froth, stir them very lightly into rest of the ingredients, pour the mixture into a well-buttered mould, and steam for 2¼ to 2½ hours. Serve with lemon-sauce or sherry sauce.

TIME.—3 to 3½ hours. AVERAGE COST, 1*s*. 3*d*. to 1*s*. 6*d*. SUFFICIENT for 7 or 8 persons.

CASTLE PUDDINGS.

INGREDIENTS.—1½ oz. of flour, 1½ oz. of castor sugar, 1 oz. of butter, 1 level teaspoonful of baking powder, 1 egg, a little milk, flavouring.

METHOD.—Cream the butter and sugar together, beat in the egg until the mixture is light and creamy. Sieve the flour and baking-powder together, stir lightly in, and add milk gradually until the mixture drops readily from the spoon. Three parts fill some well-buttered dariol moulds, and steam for 50 minutes, or bake for half that length of time. Grated lemon-rind, vanilla, or any other flavouring ingredients may be added. Serve with jam, wine or custard sauce.

TIME.—About 1¼ hours. AVERAGE COST, 5*d*. SUFFICIENT for 3 or 4 persons.

CHESTNUT PUDDING.

INGREDIENTS.—6 oz. of chestnuts (weighed after the skins are re-

moved), 1 oz. of chocolate, 2 oz. of cake crumbs, 2 oz. of flour, 2 ozs. of butter, 1 oz. of castor sugar, 4 eggs, ½ pint of milk, ½ a teaspoonful of essence of vanilla.

METHOD.—Bake or roast the chestnuts, remove both skins, put them into a stewpan with a very small quantity of water, cook until tender, then rub through a fine sieve. Break the chocolate into small pieces, put it and the milk into a stewpan, and simmer until dissolved. In another stewpan melt the butter, stir in the flour, cook for 2 or 3 minutes, then add the milk, and stir until it boils. The cake crumbs must now be added, and the mixture stirred and cooked until it leaves the sides of the stewpan clear. Allow it to cool a little, then beat in the yolks of the eggs, and add the chestnut purée and the vanilla essence, Whisk the whites of eggs to a stiff froth, stir them lightly into the mixture, pour into a well-buttered mould, cover with buttered paper, and either steam for 1½ hours or bake in a moderately hot oven for 1 hour. Serve with vanilla or custard sauce.

TIME.—About 2¾ hours. AVERAGE COST, 1s. to 1s. 2d. SUFFICIENT for 6 or 7 persons.

CHOCOLATE PUDDING.

INGREDIENTS.—4 oz. of chocolate, 2 oz. of cake crumbs, 2 oz. of flour, 2 oz. of butter, 1 oz. of castor sugar, 4 eggs, ½ pint of milk, ½ a teaspoonful of vanilla essence.

METHOD.—Break the chocolate into small pieces, put it with the milk into a stewpan, simmer until dissolved and cool. In another stewpan melt the butter, stir in the flour, cook a little without browning, then put in the milk, and stir until boiling. Now add the cake-crumbs, and cook gently until the mixture becomes thick and leaves the sides of the stewpan clear. Let it cool a little, then beat in the yolks of the eggs, and add the vanilla essence. Whisk the whites to a stiff froth, stir them lightly into the mixture, pour into a well-buttered plain mould, cover with buttered paper, and steam for 1½ hours, or bake for 1 hour in a moderate oven. Serve with custard, chocolate, or vanilla sauce.

TIME.—About 2¼ hours. AVERAGE COST, 1s. 1d. to 1s. 3d. SUFFICIENT for 5 or 6 persons.

CHRISTMAS PUDDING (Rich).

INGREDIENTS.—½ lb. of beef suet, 2 oz. of flour, ½ lb. of raisins, ¼ lb. of mixed peel, ½ a grated nutmeg, ½ oz. of ground cinnamon, 1 gill of milk, of mixed spice, ½ oz. 1 wineglassful of rum or brandy, ½ lb. of breadcrumbs, ¼ lb. of sultanas, ¼ lb. of currants, 1 lemon, 2 oz. of desiccated cocoanut or shredded almonds, a pinch of salt, 4 eggs.

METHOD.—Skin the suet and chop it finely. Clean the fruit, stone the raisins, finely shred the mixed peel, peel and chop the lemon-rind. Put all the dry ingredients in a basin and mix well. Add the milk, stir in the eggs one at a time, add the rum or brandy, and the strained juice of the lemon. Work the whole thoroughly for some minutes, so that the ingredients are well blended. Put the mixture in a well-buttered basin or pudding-cloth ; if the latter is used it should be buttered or floured. Boil for about 4 hours, or steam for at least 5 hours.

AVERAGE COST, 1s. 10d. SUFFICIENT for 8 or 9 persons.

CHRISTMAS PUDDING (Inexpensive).

INGREDIENTS.—¼ lb. of flour, ¼ lb. of breadcrumbs, 1 oz. of Paisley flour, ½ lb. of chopped suet, ½ lb. of sultanas, ½ lb. of raisins (stoned), 6 oz. of mixed candied peel, ¼ lb. of castor sugar, 1 lemon-rind and juice, 3 eggs, milk to mix.

METHOD.—Sift the flour and Paisley flour well together, mix the chopped suet with the flour, and add all the other dry ingredients.

Stir in the beaten eggs and sufficient milk to make the mixture rather moist. Boil in one or two well greased pudding basins for 4 hours. A wineglassful of brandy may be added if liked.

AVERAGE COST.—1*s.* 3*d.* SUFFICIENT for 1 large or 2 small puddings.

COBURG PUDDINGS.

INGREDIENTS.—½ pint of milk, 3 oz. of flour, 3 oz. of castor sugar, 3 oz. of butter, 3 oz. of currants cleaned and picked, 3 eggs, 1 tablespoonful of brandy, a good pinch of nutmeg, a good pinch of salt, and ½ a teaspoonful of baking-powder.

METHOD.—Cream the butter and sugar together, add the eggs gradually, and beat in well each one. Mix in the rest of the ingredients, pour into well-buttered dariol moulds or small cups, and bake for about ½ an hour. Serve with wine sauce.

TIME.—About 1 hour. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 6 or 7 persons.

COLLEGE PUDDING.

INGREDIENTS.—4 oz. of bread-crumbs, 4 oz. of finely-chopped suet, 2 oz. each of currants and sultanas cleaned and picked, 2 oz. of sugar, 2 eggs, a good pinch each of grated nutmeg, ground cloves, ground cinnamon, and salt, ½ a teaspoonful of baking-powder.

METHOD.—Mix all the dry ingredients together, add the eggs, previously well-beaten, and stir until thoroughly mixed. Put the mixture into well-buttered dariol moulds, and either bake for about 25 minutes or steam 35 minutes. Serve with a good wine or brandy sauce.

TIME.—About 1 hour. AVERAGE COST, 8*d.* to 9*d.* SUFFICIENT for 6 or 7 persons.

CORNFLOUR PUDDING.

INGREDIENTS.—1 pint of milk, 2 tablespoonfuls of cornflour, 1 tablespoonful of castor sugar, 2 eggs, a pinch of salt, the grated rind of ½ a lemon.

METHOD.—Mix the cornflour smoothly with a little milk, boil the remainder, and add to it the cornflour, stirring all the time. Return to the saucepan, and boil gently until it thickens, then cool slightly. Add the sugar, yolks of eggs, salt, and lemon-rind, and stir for 2 or 3 minutes by the side of the fire. Whisk the whites to a stiff froth, lightly add them to the rest of the ingredients, pour into a buttered piedish, and bake slowly for ½ an hour.

TIME.—About 40 minutes. AVERAGE COST, 5*d.* to 6*d.* SUFFICIENT for 4 or 5 persons.

CRANBERRY PUDDING

(*See* **Apple Pudding, Boiled, and Damson Pudding using Cranberries and adopting same method).**

CURATE'S PUDDING.

INGREDIENTS.—6 tablespoonfuls of mashed potato, 4 oz. of sugar, 2 oz. of butter, 2 eggs, 1 lemon, 2 or 3 tablespoonfuls of milk, 1 saltspoonful of salt.

METHOD.—Cream the butter and sugar together until thick and smooth, add the eggs and beat well. Now stir in the potato, the juice and grated rind of the lemon, salt, and a little milk, and when well mixed pour into a greased piedish. Bake from 30 to 35 minutes in a moderate oven.

TIME.—About 1 hour. AVERAGE COST, 8*d.* or 9*d.* SUFFICIENT for 4 or 5 persons.

CURRANT DUMPLINGS.

INGREDIENTS.—1 lb. of flour, 6 oz. suet, ½ lb. currants, rather more than ½ pint of water.

METHOD.—Chop the suet fine, mix it with the flour, and add the currants (washed, picked, and dried) mix the whole to a limp paste with the water or milk; divide it into

7 or 8 dumplings; tie them in cloths and boil for 1¼ hours. If boiled without a cloth they should be dropped into boiling water, and be moved about at first, to prevent them from sticking to the bottom. Serve with a cut lemon, cold butter, and sifted sugar.

TIME.—In a cloth, 1¼ hours; without, ¾ hour. AVERAGE COST, 8*d*. SUFFICIENT for 6 or 7 persons.

CURRANT PUDDING, BOILED.

INGREDIENTS.—½ lb. of currants cleaned, ½ lb. of suet finely chopped, 1 lb. of flour, milk, lemon, butter, sugar.

METHOD.—Mix the dry ingredients together, and add sufficient milk to form a stiff batter. Turn the mixture into a floured cloth, boil gently for 2½ hours, and serve with a cut lemon, fresh butter, and sugar. For directions for making a pudding of fresh fruit (*see* Apple Pudding, Boiled, and Damson Pudding.

TIME.—To boil the pudding, about 3 hours. AVERAGE COST, 1*s*. SUFFICIENT for 7 or 8 persons.

CUSTARD PUDDING, BAKED.

INGREDIENTS.—½ pint of milk, 1 dessertspoonful of loaf or castor sugar, 2 eggs.

METHOD.—Beat the eggs, add to them the sugar and milk, and stir until the sugar is dissolved. Strain into a buttered piedish, and bake in a slow oven until set (about 30 minutes). When the oven is too hot the dish should be placed in a tin of water, to prevent the custard baking too quickly.

TIME.—About 40 minutes. AVERAGE COST, 3½*d*. SUFFICIENT for 1 or 2 persons.

DAMSON PUDDING.

INGREDIENTS.—Suet crust, 1½ pints of damsons, 2 tablespoonfuls of brown sugar, or to taste.

METHOD.—Line the basin as directed for Apple Pudding; half fill it with fruit, add the sugar and then the remainder of the fruit. Put on the cover, carefully seal the edges and if the pudding is to be boiled, tie on a scalded, well-floured cloth; if steamed, cover it with a sheet of greased paper. Cook from 2½ to 3 hours.

TIME.—From 3 to 3½ hours. AVERAGE COST, 7*d*. to 8*d*. SUFFICIENT for 6 or 7 persons.

DATE PUDDING.

INGREDIENTS.—½ lb. of stoned and chopped dates, ½ lb. of finely-chopped suet, 1 lb. of flour, ¼ of a teaspoonful of salt, milk or water.

METHOD.—Mix the dry ingredients well together, add sufficient milk or water to moisten them slightly, and turn the mixture into a well-greased basin. Steam or boil from 2½ to 3 hours, or form the mixture into a roly-poly, enclose it in a cloth, and boil gently for 1¼ hours.

TIME.—From 2 to 3½ hours. AVERAGE COST, 8*d*. SUFFICIENT for 7 or 8 persons.

EMPRESS PUDDING.

INGREDIENTS.—1 quart of milk, 4 oz. of rice, 2 oz. of butter, 1 tablespoonful of sugar, paste or paste trimmings, jam or stewed fruit, salt.

METHOD.—Simmer the rice in the milk until tender and fairly dry, then add the butter, sugar, and a good pinch of salt. Line the edge of the piedish with paste, then spread a thin layer of rice on the bottom of the dish, and cover thickly with jam or stewed fruit. Repeat until the dish is full, letting the top layer be of rice. Bake in a moderate oven for about ½ an hour, and serve with boiled custard sauce.

TIME.—About 2 hours. AVERAGE COST, 1*s*. 3*d*. to 1*s*. 6*d*. SUFFICIENT for 6 or 7 persons.

FIG PUDDING.

INGREDIENTS.—8 oz. of dried figs, 6 oz. of finely-chopped suet, 4 oz. of breadcrumbs, 4 oz. of flour, 4 oz. of sugar, ½ pint of milk, 2 eggs,

a good pinch of salt, a good pinch of nutmeg.

METHOD.—Chop the figs finely, add to them the rest of the dry-ingredients, and mix well. Beat the eggs, add the milk, pour into the mixture, and stir well. Turn into a greased basin, and steam for 2½ hours. Serve with a suitable sweet sauce.

TIME.—About 3 hours. AVERAGE COST, 10*d*. SUFFICIENT for 6 or 7 persons.

FRIAR'S OMELET.

INGREDIENTS.—4 sour cooking apples, 2 oz. of breadcrumbs, 2 oz. of sugar, 1 oz. of butter, 1 egg, ½ a lemon.

METHOD.—Pare, core, and slice the apples, stew them with the sugar, butter, grated rind and juice of the lemon until tender, then stir in the well-beaten egg. Put half the breadcrumbs at the bottom of a buttered piedish, pour in the apple mixture, and cover with the rest of the bread-crumbs. Add a few bits of butter, and bake for 15 minutes in a moderate oven.

TIME.—About 45 minutes. AVERAGE COST, 6*d*. SUFFICIENT for 2 or 3 persons.

GINGER PUDDING.

INGREDIENTS.—12 oz. of flour, 8 oz. of treacle, 6 oz. of finely chopped suet, 1 teaspoonful of ground ginger, 1 teaspoonful of baking-powder, ¼ pint of milk, salt.

METHOD.—Mix the flour, suet, ginger, baking-powder, and a good pinch of salt well together. Stir in the treacle and milk, turn the mixture into a well-greased basin, and cover with a greased paper. Steam for about 2 hours, and serve with custard or cornflour sauce or sweet melted butter.

TIME.—2½ hours. AVERAGE COST, 8*d*. SUFFICIENT for 6 or 7 persons.

GOLDEN PUDDING.

INGREDIENTS.—4 oz. of bread-crumbs, 4 oz. of finely-chopped suet, 4 oz. of marmalade, 2 oz. of sugar, 2 eggs, milk, salt.

METHOD.—Mix the bread-crumbs, suet, sugar, and a good pinch of salt well together. Beat the eggs well, add the marmalade and milk, stir into the dry ingredients, and when well mixed turn into a greased mould or basin. Cover with a greased paper, steam from 2 to 2¼ hours, and serve with cornflour, marmalade, or other suitable sauce.

TIME.—From 2½ to 2¾ hours. AVERAGE COST, 8*d*. SUFFICIENT for 4 or 5 persons.

GOOSEBERRY PUDDING, BAKED.

INGREDIENTS.—1½ pints gooseberries, ½ pint of breadcrumbs, 2 oz. of sugar, or to taste, 1½ oz. of butter, 3 eggs short crust paste.

METHOD.—Cut off the tops and tails of the gooseberries, cook them until tender in a jar placed in a saucepan containing boiling water, then rub through a fine sieve. Add to the gooseberry purée the bread-crumbs, butter, sugar, and the egg well beaten. Have ready a piedish with the edge lined with paste, pour in the preparation, bake for about 40 minutes, or until set, then dredge well with castor sugar, and serve hot.

TIME.—About 2 hours. AVERAGE COST, 1*s*. SUFFICIENT for 4 or 5 persons.

GOOSEBERRY PUDDING, BOILED

(*See* **Damson Pudding**).

GREENGAGE PUDDING

(*See* **Damson Pudding**).

GROUND RICE PUDDING

(*See* **Semolina Pudding**).

HASTY PUDDING.

INGREDIENTS.—Milk, sugar, flour, sago or tapioca, salt.

METHOD.—Boil up the milk; with the left hand sprinkle in sufficient flour, sago or tapioca to thicken the milk, stirring briskly meanwhile. Add a little salt and

sugar to taste, stir and cook for about 10 minutes, and serve with cream and sugar, jam or treacle.

TIME.—About 20 minutes. AVERAGE COST, 2*d.* per person.

HONEY PUDDING.

INGREDIENTS.—4 oz. of honey, 6 oz. of breadcrumbs, 1 oz. of butter, 1 oz. of florador, 2 eggs, the grated rind of ½ a lemon, ½ a teaspoonful of ground ginger, 1 gill of milk.

METHOD.—Cook the florador in the milk for 10 minutes, then pour the preparation over the breadcrumbs, add the honey, lemon-rind, ginger, warmed butter, and the yolks of the eggs, and beat well. Whisk the whites stiffly, stir them lightly into the rest of the ingredients, and turn the mixture into a well-buttered plain mould. Steam gently from 1¾ to 2 hours, and serve with a suitable sauce.

TIME.—About 2 hours. AVERAGE COST, 9*d.* SUFFICIENT for 5 or 6 persons.

LEMON PUDDING, BAKED.

INGREDIENTS.—2 lemons, 3 oz. of castor sugar, 2 oz. of cake crumbs, 3 eggs, 1 gill of cream or milk, short crust paste.

METHOD.—Cream the sugar and the yolks of the eggs together until thick and white, add the juice of the lemons, the rinds grated, the cream or milk, cake crumbs, and lastly the stiffly-whisked whites of eggs. Have ready a piedish with the edges lined and decorated with paste (*see* Apple Amber) pour in the preparation, and bake in a moderate oven for about ½ an hour, or until set. Sprinkle the surface liberally with castor sugar, and serve hot.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 5 or 6 persons.

LEMON PUDDING, BOILED.

INGREDIENTS.—8 oz. of breadcrumbs, 2 oz. of flour, 4 oz. of finely-chopped suet, 4 oz. of sugar, 2 lemons, 2 eggs, milk.

METHOD.—Mix the breadcrumbs, flour, suet, and sugar together, add the well-beaten eggs, the lemon-juice, and the finely-grated rinds, add milk gradually until a stiff yet thoroughly moistened mixture is formed. Turn into a buttered basin and steam for about 2½ hours to 3 hours. Serve with cornflour or sweet melted butter sauce.

TIME.—About 3½ hours. AVERAGE COST, 9*d.* SUFFICIENT for 6 or 7 persons.

MACARONI OR SPAGHETTI PUDDING.

INGREDIENTS.—1 oz. of macaroni or spaghetti, 1 oz. of butter, 1 oz. of sugar, 1 pint of milk, 2 eggs, the grated rind of ½ a lemon or other flavouring, salt.

METHOD.—Break the macaroni or spaghetti into ½-inch lengths, put them with a pinch of salt into the milk when boiling, and simmer until tender. Add the sugar, butter, lemon-rind, and the well-beaten yolks of the eggs, stir the mixture by the side of the fire for a few minutes, but do not let it boil. Lastly, add the stiffly-whisked whites of eggs, then turn the mixture into a buttered piedish, and bake slowly from 25 to 30 minutes.

TIME.—About 1¼ hours. AVERAGE COST, 6*d.* SUFFICIENT for 3 or 4 persons.

MARMALADE PUDDING.

INGREDIENTS.—4 oz. of orange marmalade, 8 oz. of breadcrumbs, 6 oz. of finely-chopped beef suet, 2 eggs, ½ a teaspoonful of baking-powder, a little milk.

METHOD.—Mix the suet, breadcrumbs, baking-powder, and a pinch of salt well together. Beat the eggs, add the marmalade, and when well mixed stir them into the dry ingredients. Beat the mixture lightly, and if at all stiff, add a little milk. Turn into a buttered basin or mould, cover with greased paper, and

steam from 2½ to 2¾ hours. Serve with marmalade, cornflour, or other suitable sauce.

TIME.—About 3½ hours. AVERAGE COST, 8*d*. SUFFICIENT for 5 or 6 persons.

MERINGUE PUDDING.

This name may be given to any pudding covered with stiffly-whisked whites of eggs, such as Apple Amber, and many others.

MILITARY PUDDING.

INGREDIENTS.—½ lb. of finely-chopped suet, ½ lb. of breadcrumbs, ½ lb. of moist sugar, the finely-grated rind and juice of 1 large lemon, 2 eggs.

METHOD.—Mix all the ingredients well together, turn into well-buttered small cups, and bake in a moderate oven for ¾ of an hour. Serve with a suitable sauce. If preferred, the puddings may be steamed for the same length of time.

TIME.—1 hour. AVERAGE COST, 10*d*. SUFFICIENT for 8 or 9 persons.

OATMEAL PUDDING.

INGREDIENTS.—1 tablespoonful of fine oatmeal, 1 dessertspoonful of flour, 1¼ pints of milk, 1 egg, salt.

METHOD.—Mix the oatmeal and flour smoothly with a little cold milk, boil up the remainder, and add the blended oatmeal and flour. Stir and boil gently for 5 minutes, add salt to taste, and, when cool, put in the egg. Turn the whole into a buttered piedish, bake gently for 20 minutes, and serve with cream and sugar, or golden syrup.

TIME.—40 minutes. AVERAGE COST, 4*d*. SUFFICIENT for 3 or 4 persons.

PANCAKES, FRENCH.

INGREDIENTS.—2 oz. of flour, 2 oz. of butter, 2 ozs. of castor sugar, about 4 tablespoonfuls of jam, 2 eggs, ½ pint of milk.

METHOD.—Heat the milk in a stewpan. Cream the butter and sugar together until smooth, beat in the eggs, and stir in the flour lightly. Now add the warm milk, which will slightly curdle the mixture, beat well, then cover and let it stand for 1 hour. Have ready 6 buttered plates or large saucers, put an equal quantity of batter into each, bake quickly until the batter rises, then more slowly for about 10 minutes. Spread 5 of them with jam, which should be warm, place them on the top of each other, cover with the plain pancake, and dredge well with castor sugar. Serve quickly.

TIME.—About 1¾ hours. AVERAGE COST, 8*d*. SUFFICIENT for 5 or 6 persons.

PARADISE PUDDING.

INGREDIENTS.—3 oz. of coarsely-chopped apples, 3 oz. of sugar, 3 oz. of currants, 4 oz. of breadcrumbs, 3 eggs, the finely-grated rind of ½ a lemon, salt and nutmeg to taste, 1 tablespoonful of brandy.

METHOD.—Mix all the ingredients well together, turn into a well-buttered mould or basin, and steam for 2 hours. Serve with a suitable sauce.

TIME.—2½ hours. AVERAGE COST, 1*s*. SUFFICIENT for 4 or 5 persons.

PLUM PUDDING

(*See* **Christmas Puddings**).

PLUM (FRESH) PUDDING

(*See* **Damson Pudding**).

QUEEN'S PUDDING.

INGREDIENTS.—4 oz. of finely-chopped suet, 2 oz. of castor sugar, 6 bananas sliced, 3 eggs, 1 breakfastcupful of whole meal, 1 breakfastcupful of boiling milk.

METHOD.—Mix the suet, sugar, bananas, and meal together, add the milk, and cover closely. Let the preparation stand for at least 1 hour, then add the eggs, and a little more milk if at all stiff, and beat well. Turn into a buttered basin, steam gently for about 1 hour, and serve with wine sauce.

TIME.—To steam the pudding, about 1 hour. Average Cost, 1*s*. 4*d*.

RHUBARB PUDDING

(*See* **Apple Pudding and Damson Pudding**).

RICE PUDDING, BAKED.

INGREDIENTS.—1 pint of milk, 3 tablespoonfuls of rice, 1½ tablespoonfuls of sugar, salt, nutmeg.

METHOD.—Pick and wash the rice, place it in a greased piedish, add the sugar, milk, and a small pinch of salt. Sprinkle the surface lightly with nutmeg, and bake in a slow oven for about 2 hours.

TIME.—About 2 hours. AVERAGE COST, 3*d*. SUFFICIENT for 3 or 4 persons.

Note.—Skim milk, and ½ an ounce of butter or a level tablespoonful of finely-chopped suet may be used instead of the new milk.

ROLY-POLY PUDDING.

INGREDIENTS.—8 oz. of flour, 4 ozs. of finely-chopped suet, ½ a teaspoonful of baking-powder, 1 saltspoonful of salt, 2 to 3 tablespoonfuls of jam.

METHOD.—Mix the flour, suet, baking-powder and salt into a stiff paste with a little cold water. Roll it out into a long piece about ¼ of an inch thick, spread on the jam to within one inch of the edge, and moisten the sides and far end with water. Roll up lightly, seal the edges, wrap the pudding in a scalded pudding-cloth, and secure the ends with string. Boil from 1½ to 2 hours, or bake in a quick oven for half that length of time.

TIME.—To prepare and boil, from 2 to 2½ hours. AVERAGE COST, 5*d*. SUFFICIENT for 4 or 5 persons.

SAVARIN

(*See* **Baba with Rum Syrup**).

Bake in a border mould sprinkled with sugar and flour.

SEMOLINA PUDDING.

INGREDIENTS.—1½ pints of milk, 3 to 4 tablespoonfuls of semolina, 1 tablespoonful of moist sugar, 2 eggs, bay-leaf or other flavouring salt.

METHOD.—Put the milk with a good pinch of salt and the bay-leaf into a stewpan; when boiling, sprinkle in the semolina and cook gently for 10 minutes, stirring meanwhile. Cool slightly, remove the bay-leaf, stir in the sugar, yolks of the eggs, and lastly the stiffly-whisked whites of the eggs. Turn into a buttered piedish, and bake gently from 25 to 30 minutes.

TIME.—About 1 hour. AVERAGE COST, 7*d*. SUFFICIENT for 5 or 6 persons.

Note.—In place of bayleaf, lemon-rind or cinnamon may be used.

SNOWDON PUDDING.

INGREDIENTS.—4 oz. of finely-chopped beef suet, 4 oz. of breadcrumbs, 4 oz. of castor sugar, 4 oz. of raisins, stoned and halved, 1 oz. of glacé cherries halved, 1 oz. of ground rice, 2 eggs, ½ a gill of milk, the grated rind of 1 lemon, 2 tablespoonfuls of apricot marmalade or jam, ½ a teaspoonful of ground cinnamon, salt.

METHOD.—Decorate the bottom and sides of a well-buttered mould or basin with some of the halved cherries and raisins. Put the remainder into a basin, add the suet, breadcrumbs, sugar, ground rice, lemon-rind, cinnamon, and a good pinch of salt. Beat the eggs, stir in the milk and marmalade, and when well mixed, add them to the dry ingredients and beat well. Pour the mixture into the prepared mould, cover with a buttered paper, and steam from 1¼ to 1½ hours. Serve with fruit syrup or suitable sweet sauce.

TIME.—About 2 hours. AVERAGE COST, 1*s*. SUFFICIENT for 5 or 6 persons.

SUET PUDDING.

INGREDIENTS.—12 oz. of flour, 6 oz. of finely-chopped suet, 1 teaspoonful of baking-powder, ¼ of a teaspoonful of salt, cold water.

METHOD.—Mix the flour, suet, baking-powder, and salt together, and add water gradually until a rather stiff paste is formed. Shape it into a roll, wrap it in a pudding-cloth, which must be previously scalded and well dredged with flour on the inner side, and secure the ends with string. Put it into boiling water, and cook for about 2¼ hours. Serve with jam, treacle, stewed fruit, or, if preferred, good gravy.

TIME.—About 2¾ hours. AVERAGE COST, 6*d*. SUFFICIENT for 6 or 7 persons.

Note—The above mixture may also be made into dumplings which require boiling for two hours. For savoury dumplings, *see* Exeter Stew.

TAPIOCA OR SAGO PUDDING.

INGREDIENTS.—1 pint of milk, 2 tablespoonfuls of tapioca or sago, 1 tablespoonful of sugar, or to taste, 2 eggs (optional), nutmeg, salt.

METHOD.—Boil the milk, sprinkle in the tapioca or sago, stir until boiling, and simmer gently until it becomes clear, stirring occasionally. Add the sugar and a good pinch of salt, and when a little cool, the eggs, beaten. Pour into a greased pie-dish, and bake in a slow oven for about ½ an hour.

TIME.—About 1 hour. AVERAGE COST, 5*d*. SUFFICIENT for 4 or 5 persons.

TREACLE PUDDING.

INGREDIENTS.—1 lb. of flour, 8 oz. of finely-chopped suet, 2 oz. of breadcrumbs, treacle, the grated rind of 1 lemon, 1 teaspoonful of baking-powder, salt.

METHOD.—Mix the flour, suet, baking-powder, and a good pinch of salt together, and form into a stiff paste with cold water. Divide it into two equal portions; with one line the basin, from the other portion cut off sufficient paste to form the lid, and roll the remainder out thinly. Put a layer of treacle in the basin, sprinkle liberally with breadcrumbs, and lightly with lemon-rind. From the rolled-out paste cut a round sufficiently large to rather more than cover the treacle, etc., in the basin, moisten the edges of it with water, and join them carefully to the paste lining the basin. Now add another layer of treacle, breadcrumbs, and lemon-rind, and cover with pastry as before. Repeat until the pudding basin is full, then cover with a greased paper, and steam for 2½ hours.

TIME.—From 2¾ to 3 hours. AVERAGE COST, 1*s*. SUFFICIENT for 8 or 9 persons.

VANILLA PUDDING.

Follow the directions given for making custard puddings, and flavour the preparation with vanilla.

VERMICELLI PUDDING

(*See* **Macaroni or Spaghetti Pudding**).

YORKSHIRE PUDDING.

INGREDIENTS.—1 pint of milk, 2 eggs, 4 heaped tablespoonfuls of flour, salt, dripping.

METHOD.—Put the flour and a good pinch of salt into a basin, make a well in the centre, break in the eggs, stir gradually, mixing in the flour from the sides, and add milk by degrees until a thick smooth batter is formed. Now beat well for 10 minutes, then add the remainder of the milk, cover, and let it stand for at least 1 hour. When ready to use, cover the bottom of a pudding-tin with a thin layer of dripping taken from the meat tin, and while the tin and dripping are getting thoroughly hot in the oven, give the batter another good beating. Bake the pudding for 10 minutes in a hot oven to partially cook the bottom, or, if more convenient, place the hottest shelf from the oven on the meat stand, and at once put the pudding in front of the fire, and cook it until set and well browned.

1. Caramel Pudding. 2. Chestnut Pudding. 3. Ginger Creams.

1. Sweet Pastry. 2. Gooseberry Tart. 3. Cherry Tartlets.

"Yorkshire" pudding is always cooked in front of the fire; when baked in the oven, the term "batter pudding" is applied to it by the people in the country whence it derives its name.

TIME.—About 40 minutes. AVERAGE COST, 6*d*. SUFFICIENT for 5 or 6 persons.

YORKSHIRE PUDDING WITH RAISINS

(*See* **Yorkshire Pudding**).

Sultana raisins or currants may be sprinkled in after the batter has been poured into the tin. This pudding is frequently served with gravy, and, as a rule, before the meat.

SOUFFLÉS

CHOCOLATE SOUFFLÉ.

INGREDIENTS.—2 oz. of finely-grated chocolate, 3 oz. of flour, 2 oz. of sugar, 1 oz. of butter, ½ pint of milk, 3 yolks of eggs, 4 whites of eggs, ½ a teaspoonful of vanilla essence, custard, or other suitable sweet sauce.

METHOD.—Place the milk and chocolate in a small stewpan, and simmer gently until dissolved. Melt the butter, stir in the flour, add the chocolate mixture, and boil well. Let it cool a little, add the vanilla, sugar, the yolks of eggs one at a time, give the whole a good beating, then stir in as lightly as possible the stiffly-whisked whites of eggs. Turn into a well-buttered mould, and steam gently from 45 to 50 minutes. Serve the sauce round the dish.

TIME.—To prepare and cook, from 1¼ to 1½ hours. AVERAGE COST, 1*s*., including the sauce. SUFFICIENT for 5 or 6 persons.

CUSTARD SOUFFLÉ.

INGREDIENTS.—2 oz. of butter, 2 oz. of flour, ½ pint of milk, 4 eggs, 2 tablespoonfuls of castor sugar.

METHOD.—Melt the butter in a stewpan, stir in the flour, and add the milk. Boil up and cook over the fire for 5 minutes, stirring briskly meanwhile, then add the sugar and beat in the yolks of the eggs. Whisk the whites stiffly, stir them lightly in, turn the mixture into a buttered piedish, and bake in a hot oven for about 20 minutes. Serve with wine or fruit sauce.

TIME.—To bake the soufflé, about 20 minutes. AVERAGE COST, 8*d*. SUFFICIENT for 4 or 5 persons.

PINEAPPLE SOUFFLÉ.

INGREDIENTS.—Preserved pineapple, 4 oz. of Vienna flour, 4 oz. of castor sugar, 4 oz. of butter, ½ pint of milk, 3 eggs, 2 inches of vanilla-pod, angelica.

METHOD.—Bring the milk and vanilla-pod to boiling point, then draw the stewpan aside for ½ an hour for the contents to infuse. Meanwhile heat the butter in another stewpan, stir in the flour, cook over the fire for 4 or 5 minutes, then add the strained milk, and stir and boil well. Let it cool slightly, then beat in the yolks of eggs, add the sugar, 2 good tablespoonfuls of pineapple cut into small dice, and very lightly stir in the stiffly-whisked whites of eggs. Have ready a well-buttered soufflé-mould with the bottom decorated with strips, circles, or other fancifully-cut pieces of angelica and pineapple, pour in the mixture, cover with a buttered paper, and steam very gently from 45 to 60 minutes. Unmould and serve as quickly as possible with pineapple or other suitable sweet sauce.

TIME.—From 1 to 1¼ hours, altogether. AVERAGE COST, 1*s*. 6*d*. to 1*s*. 9*d*. SUFFICIENT for 5 or 6 persons.

RICE AND APPLE SOUFFLÉ.

INGREDIENTS.—1 lb. of sour cooking apples, 2 oz. of ground rice, 2 oz. of castor sugar, 1 oz. of butter, 3 eggs, ¾ pint of milk, 2 tablespoonfuls of moist sugar, or to taste, the rind of ½ a lemon thinly pared, 1 clove, ½ an inch of stick cinnamon.

METHOD.—Cook the apples with 2 tablespoonfuls of water, the moist sugar, butter, lemon-rind, clove, and cinnamon in a jar placed in a saucepan of boiling water, and when soft rub them through a hair sieve. Meanwhile, mix the ground rice smoothly with a little cold milk, boil the remainder, add the blended rice and milk, and simmer gently for 15 minutes. Now add the sugar, let the mixture cool a little, then add each yolk of egg separately, give the whole a good beating, and lastly stir in very lightly the stiffly-whisked whites of eggs. Fill a well-buttered soufflé dish with alternate layers of rice and apple purée, piling each layer of rice in a pyramidal form. Dredge well with castor sugar, and bake in a moderate oven for about 30 minutes.

TIME.—To bake, from 25 to 35 minutes. AVERAGE COST, 1*s.* SUFFICIENT for 5 or 6 persons.

VANILLA SOUFFLÉ.

INGREDIENTS.—1 oz. of fine flour, 1 oz. of butter, 1 gill of milk, 3 yolks of eggs, 4 whites of eggs, 1 dessertspoonful of castor sugar, vanilla essence.

METHOD.—Melt the butter, stir in the flour, add the milk, and cook; stir until the mixture leaves the sides of the stewpan clean. Let this panada cool slightly, add the sugar and vanilla, the yolks of eggs one at a time and beat well. Whisk the whites to a stiff froth, stir them lightly in, and pour the mixture into a well-buttered soufflé mould. Cover with a buttered paper, and steam very gently for 40 minutes, or bake in a hot oven for half that length of time. Serve with wine or jam sauce.

TIME.—1 hour. AVERAGE COST, 8*d.*, exclusive of the sauce. SUFFICIENT for 3 or 4 persons.

TARTS, TARTLETS, ETC.

ALMOND CHEESECAKES.

INGREDIENTS.—Short paste, 4 oz. of ground almonds, 4 oz. of castor sugar, ¾ oz. of cornflour, ½ oz. of butter, 1 whole egg, 1 yolk of egg, raspberry or strawberry jam, nutmeg.

METHOD.—Beat the eggs, add them gradually to the cornflour, and stir until perfectly smooth. Add the sugar, almonds, butter (melted), and a pinch of nutmeg. Line 9 or 10 patty pans with paste, spread about ½ a teaspoonful of jam on the bottom of each one, and fill with the mixture. Bake from 20 to 25 minutes in a moderately hot oven.

TIME.—40 to 45 minutes. AVERAGE COST, 10*d.* SUFFICIENT for 9 or 10 tartlets.

APPLE CHEESECAKES.

INGREDIENTS.—1½ lb. of apples, 3 oz. of sugar, 1½ oz. of butter, 3 eggs, 1 lemon, short crust.

METHOD.—Peel, core, and slice the apples, place them in a stewpan with the sugar, and 1 tablespoonful of water; simmer gently until tender, and rub them through a hair sieve. Return the apple-pulp to the stewpan, add the lemon-juice and the rind finely grated, re-heat, stir in the yolks of 3 eggs and the white of one, and cook

until the mixture thickens. Have ready the patty-pans lined with paste partially baked, fill with the apple preparation, cover lightly with stiffly-whipped sweetened white of egg, and bake in a moderate oven for about 15 minutes.

APPLE TART.

INGREDIENTS.—2 lb. of apples, 2 tablespoonfuls of moist sugar, 4 cloves or a ¼ of a teaspoonful of grated lemon-rind, short paste.

METHOD.—Peel, core and cut the apples into thick slices. Roll the paste into an oval form a little larger than the top of the piedish, invert the dish in the centre of the paste, and cut round, leaving a ¼-inch margin on all sides. Line the edge of the piedish with the trimmings, put in half the apples, add the sugar, and flavouring ingredient, then the remainder of the fruit. Moisten the paste lining the edge of the dish with water, put on the cover, press the edges together and notch them at intervals of about ⅛ of an inch. Bake in a brisk oven from 40 to 50 minutes, and when the paste has risen and set, brush it over lightly with cold water, and dredge well with castor sugar. This must be done quickly, and the tart immediately replaced in the oven. If the tart is to be eaten cold, directly it leaves the oven the crust should be raised gently with a knife, to allow some of the steam to escape, otherwise it may lose some of its crispness.

TIME.—About 1 hour. AVERAGE COST, 6*d.* to 8*d.*, exclusive of the pastry. SUFFICIENT for 6 or 7 persons.

APPLE TURNOVER.

(*See* **Fruit or Jam Turnovers.**)

BAKEWELL TART.

INGREDIENTS.—½ lb. of short crust paste, raspberry jam, 2 oz. of ground almonds, 2 oz. of castor sugar, 2 ozs. of butter, 2 yolks of eggs, 1 white of egg, essence of almonds.

METHOD.—Cream the butter and sugar together until thick and white, stir in the 2 yolks and 1 white of egg, add the almonds, also a few drops of essence of almonds, and beat well. Line a flat dish with the pastry, place a good layer of jam on the bottom and spread the mixture lightly on the top of it. Bake in a quick oven for about ½ an hour, and serve either hot or cold.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 7 or 8 persons.

CHERRY TARTLETS.

INGREDIENTS.—½ lb. of short crust paste, 1 lb. of cooking cherries, 2 tablespoonfuls of moist sugar, 2 large or 3 small eggs, castor sugar.

METHOD.—Remove the stalks from the cherries, put them into a small stewjar with the moist sugar, stand the jar in a saucepan, surround it with boiling water, and cook until the cherries are tender. Meanwhile line 10 or 12 deep patty-pans with the paste, fill them with rice, placing a buttered paper between it and the paste, and bake in a quick oven. When the cherries are sufficiently cooked, strain off the syrup into a small stewpan, add the yolks of eggs, previously beaten, and stir by the side of the fire until the custard thickens. Fill the patty-cases with cherries, cover with a layer of custard, on the top spread a little stiffly-whipped white of egg and sprinkle with castor sugar. Replace in the oven until the white of egg hardens, and acquires a little colour, then serve hot or cold.

TIME.—1¼ to 1½ hours. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 10 to 12 tartlets.

CHOCOLATE TARTLETS.

INGREDIENTS.—Flaky or short crust paste, 2 oz. of grated chocolate, 4 oz. of cakecrumbs, 3 oz. of castor sugar, 2 oz. of butter, ½ oz. of cornflour, 2 eggs, chocolate icing.

METHOD.—Cream the yolks of the eggs and sugar well together,

add the cake crumbs, chocolate, the whites of eggs stiffly, and stir them in as lightly as possible. Have ready 12 patty-pans lined with short paste, fill them with the mixture, and bake in a moderately hot oven from 20 to 25 minutes. When cold cover the surface of each tartlet with chocolate icing, allow it to harden, then serve.

TIME.—To bake, from 25 to 30 minutes. AVERAGE COST, 8*d.* exclusive of paste and icing. SUFFICIENT for 12 tartlets.

COFFEE ÉCLAIRS.

INGREDIENTS. — Choux paste, Moka custard for filling, coffee, icing for covering.

METHOD.—Put the paste in a forcing bag with a plain tube, and force out even-sized shapes similar to finger biscuits, on to a lightly-buttered baking-tin, about 1 inch apart from each other. Bake to a nice fawn colour in a moderate oven. When done, split the sides with a sharp knife and fill each with 1 teaspoonful of Moka custard. Have ready some coffee icing, and dip each éclair into it, so as to cover the surface and sides well and smoothly. Place the éclairs on a wire tray to set, and dish up when required.

CUSTARD TARTLETS.

INGREDIENTS.—Short crust or flaky paste, 4 whole eggs, 2 whites of eggs, 1 pint of milk, sugar.

METHOD.—Line 12 deep patty-tins with short paste. Beat the 4 eggs, add the milk, and sweeten to taste. Fill the patty-pans with custard, and bake in a moderate oven until set. Have ready the whites of eggs, stiffly-whisked and sweetened, pile lightly on the tartlets and replace them in the oven until the meringue hardens, and acquires a little colour. Serve cold.

TIME.—From 25 to 30 minutes to bake. AVERAGE COST, 9*d.*, exclusive of the paste. SUFFICIENT for 12 tartlets.

DAMSON TART.

INGREDIENTS.—Short crust paste, 1½ pints of damsons, 2 heaped tablespoonfuls of brown sugar, or to taste.

METHOD.—Prepare the crust as directed in Apple Tart, in the centre of the piedish place an inverted cup or a ventilating cup and funnel to retain the juice, half fill the dish with fruit, add the sugar, then put in the remainder of the fruit. Cover with paste, brush lightly over with cold water, sprinkle liberally with castor sugar, and bake in a quick oven.

TIME.—About 1¼ hours. AVERAGE COST, 10*d.* SUFFICIENT for 5 or 6 persons.

FLAN OF APPLES.

INGREDIENTS.—3 or 4 apples, 1 tablespoonful of moist sugar, 2 tablespoonfuls of sherry, 4 cloves, 2 whites of eggs, castor sugar, ½ lb. of flaky or short crust paste.

METHOD.—Peel, core, and cut each apple into 8 sections, place them in a stewpan, add the cloves and sherry, cover closely, stand the stewpan in a tin containing boiling water, and cook until tender, but not sufficiently so as to break easily. Meanwhile line a 6-inch diameter flan or paste-ring with paste rolled out to about ¼ of an inch in thickness, fill it with rice, placed on an interlining of buttered paper, and bake in a quick oven. When done, remove the rice and paper, fill with the apples, arranged in a pyramid, strain the juice (if any) over them, and sprinkle well with sugar. Whip the whites of eggs to a stiff froth, spread it lightly over the apples, dredge well with castor sugar, and bake in a cool oven until lightly browned. Serve either hot or cold.

There are two ways of making a flan without the aid of a ring. The first is by means of a round cake tin. The tin is placed in the centre of the rolled-out paste, which is cut round, leaving a margin of about 1 inch to

be afterwards raised and moulded to the shape of the tin. Before removing the tin a narrow-folded band of greased paper must be pinned lightly round this raised border. In the second method the bottom is cut out to the required size, and a narrow strip of paste fastened to the edge of it by means of white of egg. A band of paper must support the border, and in both cases the inside should be filled with rice before baking.

TIME.—About 1¼ hours. COST, about 1*s.* SUFFICIENT for 5 persons.

FRUIT OR JAM TURNOVER.

INGREDIENTS.—Short crust or puff paste, stewed fruit or jam, castor sugar.

METHOD.—Roll the paste out thinly, and cut it into rounds about 4 inches in diameter. Place a little fruit or jam in the centre of each round, moisten the edges with water, and fold the paste over on three sides in the form of a triangle. Seal the join carefully, turn them over, brush lightly with cold water, and dredge well with castor sugar. Bake in a moderate oven.

TIME.—To bake, about 15 minutes. AVERAGE COST, ½*d.* each.

GOOSEBERRY TART.

(*See* **Damson Tart**).

LEMON CHEESE CAKES.

INGREDIENTS.—Short crust paste, 1 lb. of loaf sugar, ¼ lb. of butter, 6 eggs, the grated rind of 2 lemons and the juice of 3, finely-shredded candied peel.

METHOD.—Put the sugar, butter, lemon-rind, and strained lemon-juice into a stewpan, and stir until the sugar is dissolved. Beat the yolks of eggs, add them to the contents of the stewpan, and stir and cook slowly until the mixture thickens. Let it remain in a cool, dry place until required. Line the patty-pans with paste, ¾ fill them with the preparation, add a few strips of candied peel, and bake for about 20 minutes in a moderately hot oven.

TIME.—To bake, about 20 minutes. AVERAGE COST, 1*s.* 4*d.*, exclusive of the paste. SUFFICIENT for 2½ dozen cheese cakes.

Note.—The above preparation, if closely covered and stored in a cool, dry place, will keep good for several weeks.

MAIDS OF HONOUR.

INGREDIENTS.—Puff paste, 4 oz. of castor sugar, 2 oz. of Jordan almonds, ½ oz. of fine flour, 2 yolks of eggs, 2 tablespoonfuls of cream, 1 tablespoonful of orange-flower water.

METHOD.—Blanch and dry the almonds, and pound them in a mortar with the sugar until fine. Add the yolks of eggs one at a time, and mix in the flour, cream, and orange-flower water. Line 8 or 9 small tartlet moulds with paste, fill them with the mixture and bake in a moderate oven.

TIME.—To bake, about 15 minutes. AVERAGE COST, 8*d.* exclusive of the paste. SUFFICIENT for 8 or 9 tartlets.

MINCE PIES.

INGREDIENTS.—Puff paste, mince meat.

METHOD.—When the paste has had the necessary number of turns, roll it out to about a ¼ of an inch in thickness, and line some large-sized patty-pans with it. Fill with mince-meat, cover with paste, brush over lightly with cold water, and dredge with castor sugar. Bake in a moderately hot oven from 25 to 30 minutes, and serve either hot or cold.

TIME.—30 minutes to bake. AVERAGE COST, 1½*d.* each.

MOKA CUSTARD FOR ÉCLAIR FILLING.

INGREDIENTS.—1 gill of milk, 1 oz. of loaf sugar, ½ oz. of cornflour, ½ oz. of fresh butter, 2 yolks of eggs, 1 teaspoonful of coffee essence, a few drops of vanilla essence.

METHOD.—Put the milk and sugar in a stewpan to boil. Mix the cornflour with a little cold milk, pour the boiling milk on this, mix thoroughly, return to the stewpan, and let it boil for a few minutes; add the flavouring essences and the butter, stir in the egg-yolks, continue to stir until the mixture binds, pour it in a basin, and let it cool.

TIME.—20 minutes. AVERAGE COST, 1*s.*, SUFFICIENT for 1 dish.

ORANGE TARTLETS.

INGREDIENTS.—2 good oranges, 3 oz. of butter, 3 oz. of sugar, 3 yolks of eggs, 1 white of egg, ½ a teaspoonful of vanilla essence, short crust paste.

METHOD.—Remove the rinds of the oranges as thinly as possible, and chop them finely. Cream the butter and sugar well together, beat each yolk in separately, add 2 tablespoonfuls of orange-juice, the orange-rind and vanilla essence. Whisk the white of egg stiffly, add it lightly to the rest of the ingredients, and pour the mixture into the tartlet moulds, previously lined with paste. Bake from 15 to 20 minutes in a moderate oven, and when three-quarters baked, dredge them well with castor sugar.

TIME.—30 to 40 minutes. AVERAGE COST, 8*d.*, exclusive of the paste. SUFFICIENT for 9 or 10 tartlets.

PASTRY SANDWICHES.

INGREDIENTS.—Pastry trimmings, jam, castor sugar.

METHOD.—Knead the trimmings lightly into a smooth round ball, and roll out very thinly, keeping the shape as square as possible. Spread jam evenly over one half, fold the other half over, wet the edges, and press them lightly together. Brush over with water, dredge well with castor sugar, and with the back of a blade of a knife mark the paste across in lines about 1 inch apart. Bake for about 20 minutes in a moderate oven, and when cold cut the paste into strips. If preferred, currants, with the addition of a little sugar and shredded candied peel, may be used instead of jam.

TIME.—30 minutes.

PRUNE TARTS.

INGREDIENTS.—¾ lb. of prunes, 1 tablespoonful of cranberry juice, sugar to taste, short crust paste.

METHOD.—Scald the prunes, remove the stones, and take out the kernels; put the fruit and kernels into the cranberry juice, and add the sugar; simmer for 10 minutes, when cold make the tarts. Any stone fruit can be cooked in the same way.

TIME.—About 1 hour. AVERAGE COST, 8*d.* to 1*s.* SUFFICIENT for 2 medium-sized tarts.

RASPBERRY TARTLETS.

INGREDIENTS.—Short crust paste, 1 pint of raspberries, ½ lb. of loaf sugar, ¼ pint of water, ½ a glass of brandy (optional), desiccated cocoanut.

METHOD.—Boil the sugar and water together until reduced to a syrup, add the raspberries, and cook gently for a few minutes. Drain, replace the syrup in the stewpan, boil rapidly until considerably reduced, then let it cool, and add the brandy. Line 10 or 12 patty-pans with paste, fill them with rice, placed in buttered papers, and bake in a moderately hot oven until crisp. When cool, fill them with the prepared fruit, add an equal portion of syrup to each tartlet, sprinkle with cocoanut, and serve cold.

TIME.—To bake, from 10 to 15 minutes. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.*, exclusive of the paste. SUFFICIENT for 10 or 12 tartlets.

RED CURRANT AND RASPBERRY TART

(*See* **Damson Tart**).

SWEETMEATS, ICES, ETC.

SWEETMEATS.

Until recently the art of making sweetmeats was little understood or practised by private individuals. Even now there exists a mistaken idea that this artistic branch of cookery is difficult, and demands an elaborate equipment. A saccharometer, marble slab, crystallizing tray, etc., make the work easier and success more certain, but they are not indispensable.

During the early stages of boiling sugar for sweets, the lid should always be kept on the saucepan, unless the recipe gives contrary directions, to prevent the sugar crystallizing on the sides of the pan. Should this occur, the particles of sugar adhering to the sides of the saucepan must be removed by means of a brush dipped in cold water. In boiling brown sugar or treacle, a large saucepan should be used, as they quickly boil over. A sheet of iron should be placed between the gas and the saucepan when a gentle heat is required, as is often the case when making sweetmeats.

ICES.

Freezing Machines. Nearly all the freezing machines introduced during recent years have an outer compartment to hold ice and salt, and an inner one in which the mixture to be frozen is placed. They are made in various sizes, and are revolved by means of a handle.

Freezing Mixture. Two ounces of salt should be allowed to each pound of crushed ice. When time rather than economy is an object, the mixture may be frozen more quickly by increasing the proportion of salt, but when this is done the ice speedily melts, and must be renewed. The following will be found a good but expensive substitute for ice :—2 quarts of cold water, 1oz. of sulphate of soda, ½ oz. muriate of ammonia, ½ oz. nitrate of potash.

Preparation of Ice. The mixture should be made as directed, put into the receptacle, and the lid firmly closed. When the machine has been turned for a short time, the coating of mixture adhering to the sides must be scraped off and stirred into the liquid contents of the vessel. Again, and again this must be done until the whole is sufficiently frozen.

The following rules should be observed :—

1. Avoid putting warm mixtures in the freezing pot, as they melt the ice surrounding it.

2. Avoid over-sweetening, as too much sugar will retard or altogether prevent freezing.

3. Use pewter vessels when available ; copper and tin are apt to spoil the flavour of the ice.

4. Take every possible care to keep the freezing salt from coming in contact with the ice mixture.

5. In moulding ices, press the mixture down firmly, and wrap the mould in two or three thicknesses of paper before burying it in ice and salt.

6. To unmould, dip the mould in cold water, and turn out as a cream or jelly.

SWEETMEATS

ALMOND TOFFEE.

INGREDIENTS.—1 lb. loaf sugar, 5 oz. of almonds, ½ pint of water, a pinch of cream of tartar, almond essence.

METHOD.—Blanch and skin the almonds, cut them across in halves, and dry them in the oven without browning. Dissolve the sugar in the water, add the cream of tartar, and boil until a deep amber-coloured syrup is obtained. Remove the stewpan from the fire, add the almonds, boil up again, and pour on to a buttered or oiled tin.

BUTTER SCOTCH.

INGREDIENTS.—1 lb. of loaf sugar, ½ lb. of butter, a pinch of cream of tartar, ½ pint of milk.

METHOD.—Place the sugar and milk in a stewpan, and stir occasionally by the side of the fire until the sugar is dissolved. Now add the cream of tartar and the butter a small piece at a time, and boil the mixture until a little, dropped into cold water, forms a moderately hard ball. Pour on to an oiled or buttered tin, and as soon as it is sufficiently firm, mark off into small oblongs or squares, and when cold divide the sections thus formed. Wrap each piece first in wax paper, then in tinfoil.

CARAMELS, CHOCOLATE.

INGREDIENTS.—3 oz. of finely-grated vanilla chocolate, 1 lb. of best loaf sugar, ½ pint of cream, ½ pint of milk.

METHOD.—Dissolve the sugar in the milk, add the cream, and bring slowly to boiling point. Dissolve the chocolate in the smallest possible quantity of hot water, stir into the syrup, and boil very gently until a little dropped into cold water at once hardens and snaps easily. Pour it on to an oiled slab into a square formed by bars, or, failing these, into an oiled tin. When cold, cut into squares with a caramel cutter, or a buttered knife, and wrap each piece in wax paper.

CHOCOLATE ALMONDS.

INGREDIENTS.—Almonds blanched and dried, chocolate, vanilla essence.

METHOD.—Dissolve the chocolate in the smallest possible quantity of hot water, and flavour it to taste with vanilla essence. Dip each almond in separately, and place them on an oiled slab or plates to set.

LEMON AND ACID DROPS.

INGREDIENTS.—1½ lb. of loaf sugar, ½ a pint of water, ½ a teaspoonful of cream of tartar, essence of lemon, 1 dessertspoonful of tartaric acid.

METHOD.—Boil the sugar, water, and cream of tartar together until the mixture acquires a pale yellow tinge, add essence of lemon to taste, and turn the preparation on to an oiled slab. Sprinkle on the tartaric acid, work it well in, and, as soon as it is cool enough to handle, form into thin rolls, cut off short pieces with the scissors, and roll into shape under the hand. Coat with sifted sugar, dry well, and afterwards store in an airtight tin.

NOUGAT.

INGREDIENTS.—¾ lb. of best castor sugar, ½ lb. of almonds, 1 dessertspoonful of lemon-juice.

METHOD.—Blanch and chop the

1—Apricots. 2—White Cherries. 3—Black Cherries. 4, 5 & 6—White, Black and Red Currants. 7—Melon. 8—Strawberries. 9—Raspberries. 10—Black Diamonds Plums. 11—Greengages. 12—Victoria Plums.

almonds coarsely, dry them thoroughly in the oven, but do not let them brown. Place the sugar and lemon-juice in a copper sugar boiler or stewpan, stir with a spatula or wooden spoon until it acquires a pale brown colour, and add the prepared almonds. Turn on to an oiled slab, press it out with a hot wet knife, mark into small squares, and when cold break them apart.

TOFFEE, RUSSIAN.

INGREDIENTS.—¾ lb. of loaf sugar, ¾ pint of cream, flavouring essence.

METHOD.—Dissolve the sugar in the cream, stand the stewpan in a bain-marie or tin of boiling water, and stir and cook until the mixture thickens and leaves the sides of the pan. Remove from the fire, stir in the flavouring essence, pour on to oiled or buttered tins, and when cold cut into squares.

TURKISH DELIGHT.

INGREDIENTS.—½ lb. of icing sugar, 1 lb. of loaf sugar, 1 oz. of leaf gelatine, 2 oz. of almonds or pistachios, 1 orange, 1 lemon, a tablespoonful of rum, 1 gill of water.

METHOD.—Put the gelatine to soak in cold water; blanch the almonds or pistachios, and chop them coarsely. Remove the rinds of the orange and lemon in thin fine strips, place them in a copper sugar-boiler or stewpan with the loaf sugar, water, and the strained juice of the orange and lemon. When boiling add the gelatine, simmer until dissolved, then strain into a basin and add the rum. Let the mixture remain until on the point of setting, then stir in the almonds or pistachios, and pour at once into a wetted round tin. When perfectly set turn the jelly out, cut it into 1-inch square pieces, and roll them in icing sugar.

ICES, SORBETS, ICE PUDDINGS, ETC.

BANANA CREAM ICE.

INGREDIENTS.—1¼ pints of custard (*see* Custard for Cream Ices), ¼ pint of cream, 6 bananas, 1 tablespoonful of lemon-juice, 1 tablespoonful of Curaçoa or brandy.

METHOD.—Pass the bananas through a fine hair sieve. Prepare the custard as directed, and whip the cream stiffly. When the custard is sufficiently cool, add the banana pulp, lemon-juice, and Curaçoa, stir the cream in lightly, and freeze.

TIME.—From 2 to 2½ hours. AVERAGE COST, *2s. 3d.* to *2s. 6d.* SUFFICIENT for 7 or 8 persons.

BROWN BREAD CREAM ICE.

INGREDIENTS.—1 pint of custard (*see* Custard for Cream Ices), 3 oz. of crumbled brown bread, ½ gill of cream, 1 tablespoonful of brandy.

METHOD.—Pass the brown bread through a sieve, and bake in a cool oven until crisp and well browned. Partially freeze the custard, add the brown crumbs, cream, and brandy, complete the freezing, and mould as required.

TIME.—2 hours. AVERAGE COST, *1s. 6d.* SUFFICIENT for 5 or 6 persons.

CARAMEL CREAM ICE.

INGREDIENTS.—1½ pints of custard (*see* Custard for Cream Ices), ¾ gill of cream, 1 tablespoonful of Benedictine, 2 oz. of loaf sugar.

METHOD.—Prepare the custard according to the recipe. Put the sugar into a small stewpan with a few drops of water, and boil until it acquires a deep golden-brown colour. Now add the cream, and when boiling stir into the custard. Let the mixture cool, add the Benedictine, and freeze.

TIME.—From 35 to 40 minutes. AVERAGE COST, *2s.* SUFFICIENT for 7 or 8 persons.

CHOCOLATE CREAM ICE.

INGREDIENTS.—4 oz. of chocolate, 1 pint of custard (*see* Custard for Cream Ices), 1 gill of milk, ½ gill of cream, sugar.

METHOD.—Prepare the custard as directed. Dissolve the chocolate in the milk, sweeten to taste, and strain it into the custard. Let the mixture cool, then add the stiffly-whipped cream, and freeze in the usual way.

TIME.—About 40 minutes. AVERAGE COST, 1*s.* 5*d.* to 2*s.* SUFFICIENT for 7 or 8 persons.

COFFEE CREAM ICE.

INGREDIENTS.—1½ oz. of freshly roasted and ground coffee, 3 oz. of castor sugar, 1 pint of custard (*see* Custard for Cream Ices), ½ gill of cream, 1 glass of Kirsch.

METHOD.—Pour boiling water over the coffee, infuse for about ½ an hour, then strain, add the sugar, and let it cool. Make the custard according to the recipe, stir in the coffee; when cool, add the Kirsch and whipped cream, and freeze in the usual way.

TIME.—About 30 minutes. AVERAGE COST, 1*s.* 6*d.* to 2*s.* SUFFICIENT for 7 or 8 persons.

COFFEE, ICED.

INGREDIENTS.—1 quart of strong, clear, hot coffee, ½ pint of milk, ½ pint of cream, 6 oz. of castor sugar, 1 inch of vanilla-pod.

METHOD.—Place the milk, sugar, and vanilla in a stewpan, bring nearly to boiling point, then add the coffee, and let the mixture cool. Now strain, stir in the cream, freeze until it has the consistency of thick cream, and serve in this condition. Castor sugar should be handed with the coffee.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.* SUFFICIENT for 7 or 8 persons.

CUSTARD (For Cream Ices).

INGREDIENTS.—1 pint of milk, ½ pint of cream, 6 oz. of castor sugar 6 yolks of eggs.

METHOD.—Bring the milk nearly to boiling point, and pour it over the beaten yolks of eggs, stirring meanwhile. Return to the stewpan, and stir by the side of the fire until the mixture thickens, but do not let it boil, or the eggs may curdle. Stir in the sugar, strain, and when cool add the cream.

TIME.—From 25 to 30 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 1¾ pint.

FRUIT CREAM ICE.

INGREDIENTS.—½ pint of fresh fruit pulp (strawberry, raspberry, currant, or any other fruit preferred), 10 to 12 oz. of sugar, ½ pint of cream, 1 pint of milk, the juice of 1 lemon, the stiffly-whipped white of 1 egg.

METHOD.—Boil the milk, add the sugar, and put aside until nearly cold. Obtain the pulp by passing the fruit through a fine hair sieve, add the lemon-juice, milk, and the cream stiffly-whipped. Partially freeze the preparation before adding the white of egg. The amount of sugar required depends upon the fruit used.

TIME.—About 1 hour. AVERAGE COST, about 2*s.* SUFFICIENT for 10 or 12 persons.

ICED FRUIT.

Fruit of nearly every description may be iced by first dipping it in beaten white of egg, and afterwards in crushed loaf sugar, the process being repeated until a sufficiently thick coating is obtained. Pineapples should be sliced; pears, peaches, and plums should be halved after removing the skins; cherries, strawberries, and similar fruit are iced, with the stems on; and from oranges and lemons every particle of pith is removed before dividing the former into sections and the latter into slices.

ICED PUDDING.

INGREDIENTS.—1½ pints of Vanilla custard, 2 ozs. of crystallized apricots shredded, 2 ozs. of glacé cherries shredded, 1 pint of cream, an assortment of crystallized fruit.

METHOD.—Partially freeze the custard, and add the shredded fruit, and the cream stiffly whipped. Continue the freezing till of right consistency, fill up a great mould with a flat base, and keep the remainder of the mixture in a frozen condition. When ready, unmould, and arrange the unmoulded portion of the ice mixture and assorted fruit on top of the pudding.

TIME.—3 to 4 hours. AVERAGE COST, 5*s.* 6*d.* to 6*s.* 6*d.* SUFFICENT for 10 persons.

LEMON SORBET.

INGREDIENTS. — 8 lemons, 2 oranges, 10 oz. of loaf sugar, 2 oz. of castor sugar, 3 whites of eggs, ¼ pint of Marsala wine, 3 pints of water.

METHOD.—Place the loaf sugar in a stewpan with the 3 pints of water ; let it dissolve, then boil and reduce a little, and skim well during the process. Add the finely-grated rind of 2 lemons, the juice of the lemons and oranges, bring to the boil, strain, and let the preparation cool. Partially freeze, then add the well-whisked whites of eggs, sugar and wine, and continue the freezing until the desired consistency is obtained.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 7 or 8 persons.

MILK PUNCH.

INGREDIENTS.—1 quart of milk, 4 oz. of loaf sugar, 1 gill of cream, 2 tablespoonfuls of brandy, 2 tablespoonfuls of rum.

METHOD.—Boil the milk, dissolve the sugar in it, then strain, and when cool partially freeze. Add the brandy, rum, and the cream whipped, mix well, and freeze a little longer. Serve in a half-frozen condition in small china sorbet cups, and, if liked, grate a little nutmeg or cinnamon over before serving.

TIME.—From 1 to 1¼ hours. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.* SUFFICIENT for 7 or 8 persons.

NEAPOLITAN ICE.

INGREDIENTS.—¼ pint of strawberry or raspberry pulp, ½ oz. of grated chocolate, 3 yolks of eggs, 1½ pints of milk, ½ pint of cream, 3 oz. of castor sugar, ½ a teaspoonful of vanilla essence, carmine or cochineal.

METHOD.—Cream the yolks of eggs and 3 oz. of castor sugar well together. Add the rest of the sugar to the milk, and when boiling pour on to the yolks of eggs and sugar, stirring vigorously meanwhile. Replace in the stewpan, and stir by the side of the fire until the mixture thickens, then strain. Dissolve the chocolate in 1 tablespoonful of water, mix with it ⅓ of the custard, and let it cool. Mix the fruit pulp with half the remaining custard, and if necessary add a few drops of carmine. To the other third of the custard add the vanilla essence. Whip the cream slightly, divide it into 3 equal portions, and add 1 to each preparation. Freeze separately, then pack in layers in a Neapolitan ice-box, or, failing this, a mould best suited to the purpose. Cover closely, and pack in salt and ice for about 2 hours. Serve cut across in slices.

TIME.—From 1 to 1½ hours. AVERAGE COST, about 2*s.* SUFFICIENT for 7 or 8 persons.

ORANGE SORBET

(*See* **Lemon Sorbet**).

Using 8 oranges and 2 lemons instead of 8 lemons and 2 oranges.

PINEAPPLE CREAM ICE.

INGREDIENTS.—1 pint of custard (*see* Custard for Cream Ices), ½ lb. of finely-chopped preserved pineapple, ½ gill of pineapple syrup, 1 teaspoonful of lemon-juice.

METHOD.—Pass the pineapple through a fine sieve, and mix with it the syrup and lemon-juice. Make the custard as directed, and when cool stir in the pineapple preparation and freeze in the usual way.

TIME.—From 40 to 50 minutes. AVERAGE COST, 1*s.* 3*d.* to 2*s.* 3*d.* SUFFICIENT for 7 or 8 persons.

RASPBERRY OR STRAWBERRY WATER ICE.

INGREDIENTS.—1½ lbs. of ripe strawberries or raspberries, 1½ pints of syrup (*see* Syrup for Water Ices), the juice of 2 lemons.

METHOD.—Prepare the syrup as directed. Rub the fruit through a fine sieve, add the lemon-juice, and, if necessary, deepen the colour with a few drops of carmine. Freeze in the usual way.

TIME.—About 40 minutes. AVERAGE COST, 2*s.* SUFFICIENT for 7 or 8 persons.

ROMAN PUNCH.

INGREDIENTS.—1 lb. of loaf sugar, 1 quart of water, 6 lemons, 2 oranges, 3 whites of eggs, ¼ pint of rum or kirschwasser.

METHOD.—Place the water and sugar in a copper sugar boiler or stewpan, and boil to a syrup. Add the thinly-cut rind of 3 lemons and 1 orange, the orange and lemon-juice, and bring to the boil. When cold, strain, partially freeze, then add the rum or kirschwasser, the stiffly-whipped whites of eggs, and freeze for a few minutes longer. Serve in a half-frozen condition in sorbet cups or glasses.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 7 or 8 persons.

STRAWBERRY ICE CREAM.

INGREDIENTS.—1 lb. of strawberries, ½ pint of cream, ¼ pint of milk, 3 yolks of eggs, 10 oz. of castor sugar, 1 teaspoonful of lemon-juice, carmine.

METHOD.—Bring the milk and cream to near boiling point, add the beaten yolks of eggs, stir by the side of the fire until they thicken, then put in the sugar, and when dissolved strain and let the preparation cool. Pass the strawberries through a fine sieve, mix with the custard, add the lemon-juice and carmine gradually until a deep pink colour is obtained. Then freeze.

TIME.—About 1 hour. AVERAGE COST, 2*s.* to 2*s.* 3*d.* SUFFICIENT for 7 or 8 persons.

SUGAR, TO CLARIFY (For Syrup).

INGREDIENTS.—6 lb. of loaf sugar, 1 quart of water, 2 whites of eggs.

METHOD.—Dissolve the sugar in the water in a large stewpan, but do not let it become very hot. Beat the whites of eggs, pour the warm syrup on to them, and return to the stewpan. When the syrup boils, add ½ a gill of cold water, repeat 3 times, thus using in all ½ a pint. Now draw the pan aside for about 10 minutes, then strain by means of a jelly bag or fine muslin, and use as required.

SYRUP FOR WATER ICES.

INGREDIENTS.—3 lb. of loaf sugar, 1 good pinch of cream of tartar, 1 quart of water, the white and shell of 1 egg.

METHOD.—Place the sugar, cream of tartar, water, the shell and well-whisked white of egg in a copper sugar boiler or stewpan, boil until reduced to a syrup, then strain; when cool, use as required.

AVERAGE COST, 8*d.* SUFFICIENT for 1 quart.

BREAD, BISCUITS, CAKES, ICING, ETC.

In ancient times bread was a very different kind of food to what it is now. The Assyrians, Egyptians, and Greeks used to make it with oil and spices, more like a cake than a loaf, for leavened bread was then a thing unknown. The art of making it was discovered by the following accident :—The slave of an Archon at Athens had left some wheaten dough in an earthen pan, and forgotten it till he found it some days afterwards turning sour. His first impulse was to throw it away, but his master appearing at the moment he hastily mixed it with some fresh dough at which he was then working. The bread thus produced by the introduction of the fermented dough was found delicious by the Archon and his friends, and the slave was summoned to tell the secret. This secret spread all over Athens, and, everybody wanting leavened bread, some persons set themselves to make it, and then the trade (before unknown) of a baker began. In a very short time bread-making became quite an art with the Athenians, and theirs was quoted all over Greece as the best bread to be had.

Bread has now become an article of food of the first necessity, and properly so, for it contains in itself all the necessary classes of food—gluten, fibrin, fat, phosphates, starch, and sugar. The finest and most wholesome bread is that made from wheaten flour; next to this comes rye bread, then that made with barley, rice, maize oats, potatoes, etc.

In the North of England, where so many remain faithful to open fire-places with ovens heated from the bottom, bread is frequently made at home, but elsewhere bakers' bread is more generally used.

Breadmaking is taught in schools and at Cookery Classes, but not always satisfactorily, this being due in some degree to the lessons not covering the space of time necessary to properly prepare and bake the dough, but in many cases the ovens have a defective bottom heat. Nothing can equal for its sweet flavour and keeping qualities, home-made bread moulded in an earthenware loaf dish, and baked either in a brick oven, or in an old-fashioned oven attached to an open fireplace. But with proper care excellent bread can be made, moulded in loaf tins, and baked in any oven which can by any means be made hot enough for the purpose. Bread of good household flour, properly made and baked, will keep moist for quite a week, therefore, granting the means of keeping the bread in good condition are at hand, baking day need be only a weekly occurrence. All ventilating appliances attached to the oven should be closed while bread is being baked, so as to keep in the steam, otherwise the crust might be too hard.

" Vienna " or Hungarian flour is finer and whiter, and also dearer

than American, Canadian, or town-made Whites. For pastry, fancy bread and cakes, when lightness and whiteness are essential qualities, its use may be strongly recommended, but household flour is more suitable for ordinary bread because it contains a larger percentage of nourishment.

Flour varies considerably according to the country where the wheat is grown, and whether it be "country milled" or "town milled." Town milled flour is generally a little higher in price and better in quality, because the town miller has a wider choice of wheat, and therefore better opportunities of supplying flour which combines the desirable qualities of good colour and sweet flavour, and "strength" that is so essential for bread-making purposes. Flour should be in a dry condition when bought, and kept in a dry place. Good dry flour absorbs more moisture, and therefore more bread is obtained from a given amount of flour.

YEAST. In this country the choice of yeast is considerable, for besides ordinary brewers' yeast, and Brewers' and Bakers' "Patent," there is an immense quantity imported from the Continent, and vast quantities are also supplied by the distilleries. All kinds of leavening matter have, however, been, and are still, used in different parts of the world; in the East Indies "toddy," which is a liquor that flows from the wounded cocoa-nut tree; and in the West Indies, "dunder," or the refuse of the distillation of rum. The yeast produces fermentation, and the gas evolved during the process permeating the dough, causes it to expand when subjected to the influence of warmth, and still more rapidly when exposed to the greater heat of the oven. Yeast is a plant, and its growth, like that of other vegetable and animal organisms, may be hastened by warmth and moisture, retarded by cold, or terminated by intense heat. When water of too low a temperature is added to yeast, the dough rises slowly, when too hot, the dough rises insufficiently, because it has been deprived of its power, in consequence of the least resistant parts of the plant having been killed. Some of the bitterness and dark colour of brewers' yeast may be easily removed. The yeast and a pinch of carbonate of soda should be placed in a large jug of water. After being well stirred it should be allowed to stand in a cool place, and when the yeast has settled at the bottom, the water should be poured off. It may be necessary to repeat the process two or three times before the desired colour and flavour are obtained. Or, if a little yeast which is considered unfit for use, is mixed with a small quantity of sugar and flour and kept warm, *not hot*, it will in a short time yield yeast free from objectionable flavour and colour; compressed yeast, would, of course, be moistened with water.

Baking-powder may be used in making bread, but it is less suitable for large loaves than small bread and cakes.

For home-made bread the utensils required are simple, and the trouble less than those who have yet hesitated to undertake the task would imagine. It is necessary to have a trough or pan of a size suitable for the quantity of bread to be made, deep enough to allow for the dough to be mixed without spilling the flour, and to rise without running over the pan. Besides this there should be a strainer for the yeast and a large, strong spoon. The best way of keeping bread fresh is to put it in a covered earthen pan, raised a little from the ground so that a current of air can pass underneath; or each loaf may be wrapped first in grease-proof and then in brown paper, and kept on a shelf in a cool room. If kept till rather stale, it can be freshened

by being enclosed in a biscuit tin and warmed through in a gentle oven.

Very plain cakes and buns for children can be made from the bread dough with the addition of a little sugar, currants or raisins, and dripping; and, while on the subject of baking, we may here give a few hints respecting the oven for both bread and cakes. For bread, the oven should be quick and the heat so regulated as to penetrate the dough without hardening the outside. The drawback to many ovens in ordinary ranges is that the heat is often nearly all at one side, thus necessitating the constant opening of the door to turn the loaves. Some ovens, however are so constructed that the heat circulates, but even then, when baking more than one loaf, they must be turned from side to side and end to end, to equalize the baking. In any case bring the oven, to the right heat *before* putting in the bread, instead of relying upon its getting hot enough, and perhaps too hot, afterwards. For cakes, the heat of the oven is of great importance, and the temperature must be regulated by the size and consistency of the cake to be baked. Small cakes may be baked quickly, but larger ones require a slower oven. A light mixture, such as Genoa or sponge cake, needs a quick oven, while a rich fruity cake of corresponding size must be baked in a moderate oven. It is difficult to give hard and fast rules for baking: common sense and experience are the best guides. To ascertain whether bread and cakes are sufficiently done, the best plan is to thrust a skewer into them; and if it comes out all sticky it is certain they are not sufficiently cooked.

When the oven is very hot and the tops of the cakes are taking too much colour, cover them with a sheet of kitchen paper.

Currants, after being well washed, should be thoroughly dried and freed from grit and stones.

Good cooking butter should be used for rich cakes, for plain cakes clarified fat, or home-made lard is more economical.

Eggs should also be perfectly good, although they need not be new laid. They should be broken one by one into a cup in case one might be bad, in which case, if put into the same basin, all would be spoiled.

Soda should be thoroughly mixed with the water or milk used for a cake, for nothing can be more disagreeable than to *taste* it. Baking powder should be mixed with the flour before adding other ingredients.

BISCUITS

BISCUITS, PLAIN.

INGREDIENTS.—6 oz. of flour, 2 oz. of castor sugar, 1 oz. of butter, yolk of 1 egg, 2 tablespoonfuls of milk.

METHOD.—Beat the egg with the milk, then mix the other ingredients, and roll and cut out into very thin biscuits with a paste cutter. Bake for 6 minutes in a quick oven.

TIME.—6 minutes. AVERAGE COST, 4*d*. SUFFICIENT for 1½ dozen biscuits.

DESSERT BISCUITS (which may be flavoured with Ground Ginger, Cinnamon, etc.).

INGREDIENTS.—1 lb. of flour, ¼ lb. of butter, ½ lb. of castor sugar, the yolks of 6 eggs, flavouring to taste.

METHOD.—Put the butter into a basin, warm it, but do not allow it to oil; then with a wooden spoon beat it to a cream. Add the flour by degrees, then the sugar and flavouring, and moisten the whole with the yolks of the eggs, which

should previously be well beaten. When all the ingredients are thoroughly incorporated, drop the mixture from a spoon on to a buttered paper, leaving a distance between each cake, as they spread as soon as they begin to warm. Bake in rather a slow oven for 12 to 18 minutes, and do not let the biscuits acquire too much colour. In making the above quantity, half may be flavoured with ground ginger, and the other half with essence of lemon, or some currants added to make a variety. The biscuits are named after the preparation with which they are flavoured, and an endless variety may be made in this manner.

TIME.—12 to 18 minutes, or rather longer in a very slow oven. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT to make from 3 to 4 dozen biscuits.

GINGER BISCUITS.

INGREDIENTS.—1 lb. of flour, ½ lb. of fresh butter, ½ lb. of castor sugar, ¾ oz. of ground ginger, 2 eggs.

METHOD.—Rub the butter and ginger into the flour on the board, make a " bay " or hole, break in the eggs, and wet up into a nice workable paste, using a little milk if necessary. Roll down in thin sheets, and cut out with a plain round cutter, set them on to a greased baking-sheet, and bake in a cool oven.

TIME.—5 minutes, to bake. AVERAGE COST, 1*s.* 2*d.* SUFFICIENT to make 4 dozen biscuits.

LEMON BISCUITS.

INGREDIENTS.—1¼ lb. of flour, ¾ lb. of castor sugar, 6 oz. of fresh butter, 4 eggs, the grated rind of a lemon, 2 dessertspoonfuls of lemon-juice.

METHOD.—Rub the butter into the flour, stir in the castor sugar and very finely-minced lemon-peel, and when these ingredients are thoroughly mixed, add the eggs, which should be previously well whisked, and the lemon-juice. Beat the mixture well for 1 or 2 minutes, then drop it from a spoon on to a buttered tin, about 2 inches apart, as the biscuits will spread when they get warm; place the tin in the oven, and bake the biscuits a pale brown from 15 to 20 minutes.

TIME.—15 to 20 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 3 or 4 biscuits.

MACAROONS.

INGREDIENTS.—½ lb. of ground sweet almonds, ¾ lb. of castor sugar, the whites of 3 eggs, wafer paper.

METHOD.—Mix the sugar and ground almonds well together on the board, then put them into a large marble or porcelain mortar, add the whites of eggs, and proceed to well rub the mixture into a smooth paste. When it begins to get stiff and stands up well it is ready, or if uncertain whether the paste has been pounded enough, try one in the oven, and if all right, lay sheets of wafer paper over clean baking-sheets, and lay out the biscuits upon it with a spoon, or savoy bag, place a few split almonds on the top of each, then bake in a cool oven.

TIME.—15 to 20 minutes in a slow oven. AVERAGE COST, 1*s.* 3*d.* per lb. SUFFICIENT for 24 to 36 biscuits.

RICE BISCUITS.

INGREDIENTS.—½ lb. of rice flour, ¼ lb. of castor sugar, ¼ lb. of butter, 1 egg.

METHOD.—Beat the butter to a cream, stir in the rice flour and pounded sugar, and moisten the whole with the egg, which should be previously well beaten. Roll out the paste, cut out with a round paste cutter into small cakes, and bake them from 12 to 18 minutes in a very slow oven.

TIME.—12 to 18 minutes. AVERAGE COST, 9*d.* SUFFICIENT to make about 18 cakes.

SAVOY BISCUITS.

INGREDIENTS.—4 eggs, 8 oz. of castor sugar, a few drops of essence of lemon, 8 oz. of flour.

METHOD.—Break the eggs into a basin, beat well with the sugar and essence of lemon for ¼ of an hour. Then dredge in the flour gradually, and well but lightly mix. Then put the mixture into a savoy bag, lay the biscuits out on to a sheet of thick cartridge paper, and bake them in rather a hot oven; but let them be carefully watched, as they are soon done, and a few seconds over the proper time will scorch and spoil them. These biscuits, or ladies' fingers as they are sometimes called, are used for making Charlotte Russes and a variety of fancy sweet dishes.

TIME.—10 to 12 minutes. AVERAGE COST, 9*d*. SUFFICIENT for 2 dozen cakes.

BREAD

BAKING POWDER.

Mix well together 4 oz. of ground rice, 4 oz. of carbonate of soda, and 3 oz. of tartaric acid, and pass them through a fine sieve. Keep in an air-tight tin.

HOME-MADE BREAD.

INGREDIENTS.—½ pint of brewers' yeast, 1 lb. of potatoes, 1 peck and ½ lb. of flour, 2 quarts of cold water, and 1½ oz. of salt.

METHOD.—Procure ½ pint of good brewers' yeast, fresh from the brewhouse, and see that it weighs at least 3½ ozs. Having procured the yeast, boil about 1 lb. of potatoes in their skins, first washing them clean. When cooked, strain away the liquor they were boiled in, turn into a clean wooden pail, add ½ lb. of flour, and pound them well with the end of a rolling-pin, then add 2 quarts of cold water, stir the ingredients up, and mix well. Put 1 peck of flour into a large pan, make a hole in the centre, place a couple of sticks across the top, set a sieve over the hole in the centre, and strain the liquor into it, using more water to rinse every particle of the potatoes, leaving the skins perfectly clean in the sieve; now add the ½ pint of yeast and stir in sufficient flour to make a thin batter, cover over, and leave the mixture for about 2 hours. By that time it should have fermented and dropped about 1 inch. Then add 1½ oz. of salt and sufficient water to make the flour into dough. Knead well, and leave dry, cover over with a clean cloth, and let it prove for 1½ hours. Then knead it over, and throw out on to the board, divide into convenient sized pieces, mould or make up into suitable shaped loaves, prove, and then bake in a moderate oven. The time taken to bake will, of course, depend upon the size of the loaves. A 2-lb. loaf in a moderate oven will take from 20 to 40 minutes, and larger loaves in proportion.

Note.—Ground rice, or rice flour, is used for making several kinds of cakes, also for thickening soups. The Americans make rice bread, and prepare the flour for it in the following manner:—When the rice is thoroughly cleansed, the water is drawn off and the rice, while damp, bruised in a mortar; it is then dried, and passed through a hair sieve.

HOME-MADE BREAD (Another Method).

INGREDIENTS.—1 peck of flour, 2 oz. of compressed or distillery yeast, 1½ ozs. of salt, 3 quarts of water.

METHOD.—Turn the flour into a clean pan, and make a "bay" or hole in the centre. Let the water be about 80° Fahr., or blood-warm, so it feels neither hotter nor colder than the hand when placed in the water. Put the water into a bowl,

add the yeast and salt, and stir up well with the hand till dissolved, then turn it into the bay, and make up into rather a stiff dough; knead well, and leave dry, cover over with a clean cloth, and set the pan of dough in a warm place to prove for at least 2 hours, then give it another good kneading and drying over, and leave it for another hour; turn out on to the board, divide into suitable-sized pieces, make into loaves, prove, and bake.

MILK BREAD.

INGREDIENTS.—4 lb. of Vienna flour, ¾ oz. of salt, ¾ oz. of yeast, 1 quart of milk and water.

METHOD.—Make the milk and water warm, then dissolve the salt and yeast in it, and make into a nice smooth dough. Cover over with a clean cloth, and keep the dough in a warm place for 3 hours; at the end of that time turn it out on to the board, and give it a good kneading and dusting over; cover again, and keep warm for 1 hour for the dough to recover itself, then divide it into convenient-sized pieces and mould them up round. Let them stand on the board, and cover up with a cloth to prove. When light enough, wash over with a beaten-up egg, using a brush for the purpose. When all the loaves are washed over, take a sharp knife and cut them five or six times crosswise. Now take each loaf separately, place it in the oven, cover over with a square tin, and bake in a moderate heat. Skimmed milk, or half milk and half water may be used by adding 2 oz. of butter, which should be melted in the milk.

RICE BREAD.

INGREDIENTS.—½ lb. of rice, 7 lb. of flour, 1 oz. of salt, 1½ oz. of compressed yeast, water.

METHOD.—Wash the rice in cold water, put it in a clean saucepan, cover with water, set over the fire, and cook until tender. Turn the flour into a clean pan, make a hole in the centre, put in the boiled rice, add 1 quart of cold water, and stir up gently without mixing in much flour; test the heat, and, if cold enough, add the yeast, dissolved in another pint of water, stirring it into the rice with another handful of flour. Cover over with a clean cloth, and let it stand for 2 hours, then add the salt in fine powder, and make into dough, using any more water that may be necessary for the purpose. Cover over and leave the dough to rise, then turn out on to the board, divide into convenient-sized loaves, mould up, prove, then bake in a moderate oven. The rice can be boiled in milk if preferred.

TIME.—About 4 hours. AVERAGE COST, 1*s.* 4*d.* SUFFICIENT for 6 or 8 loaves.

BUNS

HOT CROSS BUNS.

INGREDIENTS.—2 lb. of flour, ½ lb. of sugar, 1 oz. of yeast, 1 pint of warm milk, ½ lb. of butter, 1 lb. of currants, ½ a teaspoonful of salt, 1 teaspoonful of mixed spice.

METHOD.—Mix the flour, sugar, spice, and currants; make a hole in the middle of the flour, put in the yeast and ½ pint of warmed milk; make a thin batter of the surrounding flour and milk, and set the pan covered before the fire until the leaven begins to ferment. Put to the mass ½ lb. of melted butter, add the salt, and beat well together. Make up into rather a soft paste with all the flour, using a little more warm milk if necessary. Cover this with a clean cloth, and let it once more rise up for ½ an hour. Shape the dough in buns, and lay them apart on buttered tin plates or baking sheets in rows at least 3

inches apart, to rise for ½ an hour. Place a cross mould on them (this may be done roughly with the back of a knife), and bake in a quick oven from 15 to 20 minutes.

TIME.—15 to 20 minutes to bake. AVERAGE COST, 1*d.* each. SUFFICIENT to make 2 dozen buns. SEASONABLE on Good Friday.

PLAIN BUNS.

INGREDIENTS.—To every 2 lb. of flour allow 6 oz. of moist sugar, 1 oz. of yeast, ½ pint of milk, ½ lb. of butter, 1 pint of tepid milk.

METHOD.—Put the flour into a basin, mix the sugar well with it, make a well in the centre, and stir in the yeast and ½ pint of milk (which should be lukewarm) with enough of the flour to make it the thickness of cream. Cover the basin over with a cloth, and let the sponge rise in a warm place, which will be accomplished in about 1½ hours. Melt the butter, but do not allow it to oil; stir it into the other ingredients, using a little more milk if necessary, and make the whole into a soft dough. Mould it into buns about the size of an egg, then lay them in rows quite 3 inches apart; set them again in a warm place until they have risen to double their size, then put them into a good brisk oven, and when they are done wash them over with a little milk. From 15 to 20 minutes will be required to bake them nicely. These buns may be varied by adding a few currants, candied peel, or caraway seeds to the other ingredients. The above mixture also answers for hot-cross buns, by putting a little ground mixed spice, and by pressing a tin mould in the form of a cross in the centre of the bun.

TIME.—15 to 20 minutes to bake. AVERAGE COST, 1*d.* each. SUFFICIENT to make 24 buns.

SEED BUNS.

INGREDIENTS.—4 eggs, 4 teacupfuls of sugar, 2 teacupfuls of butter, 1 teacupful of milk, 1 tablespoonful of caraway seeds, ½ a teaspoonful of carbonate of soda, ¾ lb. of flour,

METHOD.—Beat the butter and sugar well together, add the eggs by degrees, then the flour, until a paste thick enough to roll out is made. Make into small cakes, and bake in a quick oven.

TIME.—10 to 15 minutes. AVERAGE COST, 1*s.* SUFFICIENT for 3 to 3½ dozen small cakes or buns.

CAKES

ALMOND CAKE.

INGREDIENTS.—½ lb. of ground sweet almonds, ½ oz. of pounded bitter almonds, 6 oz. of castor sugar, 3 oz. of butter, 14 oz. of flour, 6 eggs, essence of lemon.

METHOD.—Break the eggs into a clean bowl, add the sugar, previously warmed, and beat the mixture well together with a wire egg whisk until it is as thick as cream. Add the butter (melted), mix in the almonds, flour (sifted), and essence of lemon with a spoon. Butter a plain mould, fill it with the mixture, and bake in a steady oven. It will require from 1½ to 2 hours to bake, and great care must be taken to prevent the mixture burning. As a precaution, it is advisable to lay 3 or 4 thicknesses of newspaper under the mould, and wrap the same round the sides, fixing the paper in place with a piece of twine.

TIME.—2 to 2½ hours. AVERAGE COST, 2*s.*

BREAKFAST CAKES.

INGREDIENTS.—1 lb. of flour, ½ a teaspoonful of baking-powder, ½ a teaspoonful of salt, ¾ pint of milk, 1 oz. of castor sugar, 2 eggs,

METHOD.—These cakes are made in the same manner as the bread, with the addition of eggs and sugar. Mix the flour, baking-powder, and salt well together, and stir in the sifted sugar. Add the milk and eggs, which should be well whisked, and with this liquid work the flour, etc., into a light dough. Divide it into small cakes, put them into the oven immediately, and bake for about 20 minutes.

TIME.—20 minutes to bake. AVERAGE COST, 6*d*. SUFFICIENT for 18 or 20 cakes.

CHRISTMAS CAKE.

INGREDIENTS.—1 lb. of butter, 1 lb. of castor sugar, 1 lb. of sultanas, 1 lb. of currants, ¾ lb. of mixed candied peel, 2 lb. of flour, ½ oz. of baking-powder, 8 eggs, milk.

METHOD.—Sieve the baking-powder 2 or 3 times with the flour on to a sheet of paper to mix well. Put the butter and the sugar into a clean pan and stand in front of the fire to soften. Weigh the fruit on to the flour, having carefully cleaned and picked them free from stalks and stones. Cut up the peel into thin shreds, and lay it with the fruit and flour. Break the eggs into a clean basin. Now proceed to beat up the butter and sugar into a cream with your hand, add the eggs in 1 at a time, beating well after each addition of eggs. When all are in, add the flour and fruit, moisten to the usual cake batter consistency with milk, and bake in round or square well-papered and greased tins. This will make about 7 lb. of cake, and can be baked in 1 or more cakes, as desired.

TIME.—3 to 4 hours to bake. AVERAGE COST, 10*d*. per lb.

COCOANUT CAKE.

INGREDIENTS.—6 oz. of butter, ½ lb. of castor sugar, 1 lb. of flour, ¼ lb. of desiccated cocoanut, ½ oz. of baking-powder, 3 eggs, milk, essence of lemon.

METHOD.—Sieve the baking-powder well with the flour on to a sheet of paper laid on the table. Weigh and add the cocoanut. Put the butter and sugar into a clean basin, warm slightly, and beat up well with a large wooden spoon; beat in the eggs one at a time, and when all are in add the flavouring, flour, and cocoanut; bring to cake batter consistency with milk, divide the mixture into 2 or more well papered and greased tins as preferred, sprinkle some cocoanut over the top, and bake in moderately warm oven.

TIME.—1 to 2 hours. COST, 1*s*. 6*d*. SUFFICIENT for 2 cakes.

COCOANUT ROCKS.

INGREDIENTS.—10 oz. of flour, ½ lb. of butter, 6 oz. of desiccated cocoanut, 8 oz. of castor sugar, 4 eggs.

METHOD.—Beat the sugar and butter together, add the cocoanut and flour by degrees, then the eggs, still beating the mixture. Drop it in small spoonfuls on to a baking-tin (buttered), and bake in a quick oven.

TIME.—About 8 minutes, to bake the cakes. AVERAGE COST, 1*s*. 4*d*. SUFFICIENT for 30 cakes.

COFFEE OR MOKA CAKE.

INGREDIENTS.—½ lb. of butter, ½ lb. of brown sugar, ¼ lb. of golden syrup, ½ lb. of currants, ½ lb. of sultanas, 1½ lb. of flour, ½ oz. of baking powder, 2 eggs, ½ oz. of nutmeg, cloves and cinnamon mixed, coffee.

METHOD.—Sieve the baking-powder with the flour into a pan, add the spices, sugar, and butter; rub well together, make a well in the centre, pour in the syrup, add about ¼ pint of strong, cold coffee, break in the eggs, and beat well together; then mix in the other ingredients with a strong wooden spoon, using a little milk if not moist enough, mix in the fruit last, and then bake in a long square cakepan nicely papered.

TIME.—1 to 2 hours. COST, 2*s*.

DOUGHNUTS.

INGREDIENTS.—½ pint of new milk, ½ oz. of compressed yeast, 1 egg, 2 oz. of sugar, 2 oz. of butter, flour.

METHOD.—Make the milk warm, and dissolve the yeast in it; stir in about ¼ lb. of flour and the sugar, cover over, and stand the mixture aside in a warm place where it will not be disturbed, and leave it to rise up and drop. When it drops it is ready, but it must not be touched until it has dropped. When ready, add the melted butter, the egg, and a pinch of salt; beat it well together, and then add sufficient flour to make a workable paste. Put the paste when made into a basin, cover over, and stand it aside in a warm place to prove; when well proved, turn out on to the board, dry over, and divide up into 2-oz. pieces, mould up round, then flatten the pieces out slightly with a rolling-pin, damp round the edges, lay 1 spoonful of raspberry jam in the centre, and gather the edges into the centre, forming them up into round balls with the jam in the middle; pinch them together firmly and lay them on a clean floured cloth as each one is worked. Cover over with another cloth when they have all been done, and stand them aside to prove. When they are light enough, have ready a pot of boiling lard on the stove, drop the doughnuts into it, cook them for about 7 minutes on one side and then turn them over and cook them the reverse way. Take up with a drainer on 3 or 4 thicknesses of clean kitchen paper, and when the doughnuts have all been cooked roll them into fine castor sugar, and serve.

TIME.—To cook, 15 minutes. AVERAGE COST, 8*d*.

DROP CAKES.

INGREDIENTS.—½ lb. of butter, ¾ lb. of castor sugar, 1 lb. of flour, 4 eggs, baking-powder, and milk.

METHOD.—Add 2 teaspoonfuls of baking-powder to the flour on the board, well mix it and run it through a sieve 2 or 3 times. Put the butter and sugar into a clean basin, and beat it well up into a cream with the hand, add the eggs one at a time, beating well after each addition of eggs, and when all are well beaten in, add the flour, and moisten the mixture with milk to batter consistency. Scrape down the sides with a palette-knife, and with the point of the knife mix in all the material scraped down. Have some clean white sheets of kitchen paper cut to the size that will fit the baking-plates or tins, and with a spoon lay out small cakes all over the sheets of paper, allowing about 1¼ inches between each cake or drop, which should be about the size of half a walnut shell; then dust lightly over with sugar and bake in a moderate oven.

TIME.—1 hour. AVERAGE COST, 1*s*. 6*d*. SUFFICIENT for 3 or 4 dozen cakes.

FRUIT CAKE.

INGREDIENTS.—Butter, flour, currants, candied peel, and sugar, each ½ lb., ½ a grated nutmeg, a few chopped almonds, the juice and rind of 1 lemon, 4 eggs.

METHOD.—Beat the butter to a cream, add the eggs one by one, and then the other ingredients, and bake in a paper-lined and greased tin. The oven must not be too hot.

TIME.—1 to 2 hours, to bake. AVERAGE COST, 1*s*. 10*d*.

GENOA CAKE.

INGREDIENTS.—¾ lb. of flour, ½ lb. of butter, ¼ lb. of castor sugar, 2 oz. of almonds, ½ lb. of sultanas, 2 oz. of candied peel, 6 eggs, 1 lemon, 1 teaspoonful of baking-powder.

METHOD.—Cream the sugar and butter together, stirring both for about 20 minutes. Add the sultanas (cleaned), the peel cut into shreds, and the eggs one by one. Lastly add the almonds peeled and

chopped, or cut into strips; also the baking-powder, and the grated lemon-rind. Bake in a well-buttered and paper-lined tin for about 1 hour in a moderate oven.

TIME.—About 1¾ hours. AVERAGE COST, 1*s.* 11*d.* SUFFICIENT for 1 large or 2 small cakes.

HONEY CAKE.

INGREDIENTS.—½ a breakfastcupful of sugar, 1 breakfastcupful of rich sour cream, 2 breakfastcupfuls of flour, ½ a teaspoonful of carbonate of soda, honey to taste.

METHOD.—Mix the sugar and cream together, dredge in the flour, add as much honey as will flavour the mixture nicely; stir it well, that all the ingredients may be thoroughly mixed; add the carbonate of soda, and beat the cake well for another 5 minutes. Put it into a buttered tin, and bake it from ½ to ¾ of an hour, and let it be eaten warm.

TIME.—½ to ¾ of an hour. AVERAGE COST, 8*d.* SUFFICIENT for 3 or 4 persons.

ICED CAKE.

INGREDIENTS.—½ lb. of flour, ½ lb. of currants, ½ lb. of sugar, ¼ oz. of mace and cloves, 12 sweet almonds, 6 bitter almonds, ½ lb. of butter, 4 eggs, 1 oz. of mixed peel, 1 teaspoonful of carbonate of soda.

METHOD.—Blanch and split the almonds, and mix all the dry ingredients together. Warm the butter in a clean basin, add the sugar, and beat to a cream with the hand; add the eggs 1 at a time, beating well after each addition; when all are in, add the other ingredients, well mix, and turn out into a round papered and greased tin. Bake for about 1½ hours. When cold cover with white icing, and decorate to taste.

TIME.—1½ hours. AVERAGE COST, 1*s.* 8*d.* SUFFICIENT for 1 cake.

LUNCHEON CAKE.

INGREDIENTS.—½ lb. of butter, 1 lb. of flour, ¼ oz. of caraway seeds, ½ lb. of currants, 6 oz. of moist sugar, 1 oz. of candied peel, 3 eggs, ½ pint of milk, 2 small teaspoonfuls of baking powder.

METHOD.—Rub the baking-powder and butter into the flour until it is quite fine; add the caraway seeds, currants (which should be nicely washed, picked, and dried), sugar, and candied peel cut into thin slices; mix these well together, and moisten with the eggs, which should be well whisked, and with the milk wet up the other ingredients into a nice soft cake batter. Butter a tin, pour the cake mixture into it, and bake it in a moderate oven from ¾ to 1 hour.

TIME. — 1 to 1½ hours. COST, 1*s.* 6*d.* SUFFICIENT for 1 cake.

MADERIA CAKE.

INGREDIENTS.—1 lb. of butter, 1½ lb. of flour, 1 lb. of castor sugar, the grated rind of 1 lemon, 2 oz. of candied peel, 5 or 6 eggs.

METHOD.—Put the butter and sugar into a clean pan, add the grated rind of 1 lemon, and with the hand beat it up to very light cream; add in the eggs 1 at a time, and beat well after each addition of eggs; when all are in and the batter is very light and creamy, add the flour, stir it in lightly with the hand, and when well mixed divide the mixture equally into 3 or 4 round tins, papered at the bottoms and sides with buttered white paper; dust sugar over from a dredger, and lay 2 very thin slices of citron peel on top. Bake in a moderate oven for about 1 to 1¼ hours.

TIME.—1 to 1½ hours. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 3 or 4 medium-sized cakes.

MOCHA CAKE.

Proceed as directed in Orange Cake, substituting Coffee Icing for Orange Icing.

ORANGE CAKE.

INGREDIENTS. — Genoa cake, orange icing, royal icing.

METHOD.—Let the cake become cold, split it in half, spread on a layer of orange icing, replace the upper half, mask with orange icing, and decorate with royal icing.

TIME.—To bake the cake, about 15 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for one cake.

PARKIN.

INGREDIENTS.—4 lb. of fine oatmeal, 3 lb. of treacle or golden syrup, ½ lb. of butter or lard, ¼ lb. of brown moist sugar, 1 oz. of ground ginger.

METHOD.—Let the treacle warm gradually by the side of the fire until it becomes quite liquid. Meanwhile, rub the butter or lard into the oatmeal, and add the sugar and ginger. Stir in the treacle with a strong wooden spoon. To follow the Yorkshire method exactly, the vessel which held the treacle must be rinsed out with beer, but milk may be substituted. This is added gradually until the right consistency is obtained. The mixture must be smooth, but it must not drop too easily from the spoon. Have ready some greased Yorkshire pudding tins, pour in the mixture, and bake in a steady oven until the centre of the parkin feels firm (from 1 to 1½ hours, according to thickness of the parkin and condition of oven). As the mixture improves by being allowed to stand, each cake should be baked separately when the oven is a small one. Let the parkin cool slightly, then cut it into squares, remove them from the tin, and when cold place them in an air-tight biscuit tin. The parkin may be kept for months.

TIME.—To bake, from 1 to 1½ hours. AVERAGE COST, 2*s.* 3*d.* to 2*s.* 6*d.* SUFFICIENT for 2 or 3 cakes. SEASONABLE at any time.

PLAIN CAKE.

INGREDIENTS.—1 lb. of flour, 1½ teaspoonfuls of baking-powder, ¼ lb. of good dripping, 1 teacupful of moist sugar, 3 eggs, 1 breakfast-cupful of milk, ¼ oz. of caraway seeds, ¼ lb. of candied peel cut fine.

METHOD.—Put the flour and baking powder into a basin; stir these together, then rub in the dripping, add the sugar, caraway seeds, and peel; whisk the eggs with the milk, and beat all together very thoroughly until the ingredients are well mixed. Butter a tin, put in the cake mixture, and bake it from 1½ to 2 hours. Let the dripping be quite clean before using; to ensure this, it should be clarified. Beef-dripping is better than any other for cakes, etc., as mutton-dripping frequently has a very unpleasant flavour, which would be imparted to the preparation. The eggs are not necessary.

TIME.—1½ to 2 hours. AVERAGE COST, 1*s.* SUFFICIENT for 1 cake.

PLUM CAKE.

INGREDIENTS.—1 lb. of flour, ¼ lb. of butter, ½ lb. of sugar, ½ lb. of currants, ¼ lb. of sultanas, 4 oz. of candied peel, ½ pint of milk, ½ a teaspoonful of carbonate of ammonia, a pinch of carbonate of soda.

METHOD.—Put the flour into a basin with the sugar, soda, currants, and sliced candied peel; beat the butter to a cream, and mix all these ingredients together with the milk. Stir the ammonia into 2 tablespoonfuls of milk; add it to the dough, and beat the whole well until everything is mixed. Put the batter into a buttered tin, and bake the cake from 1½ to 2 hours.

TIME.—1½ to 2 hours. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 1 medium-sized cake.

PLUM CAKE, COMMON.

INGREDIENTS.—10 oz. of flour, 6 oz. of butter, or good dripping, 10 oz. of moist sugar, 8 oz. of currants or raisins, ½ oz. of ground allspice,

1 oz. of distillery yeast, 1½ pints of new milk.

METHOD.—Rub the butter into the flour, add the sugar, currants or raisins, and allspice; warm the milk, and dissolve the yeast in it, mix the whole into a soft dough, knead it well, and put it into 6 buttered tins. Place them near the fire for 1 hour, or until they are light, then bake the cakes in a good oven from 1 to 1¼ hours. To ascertain when they are done, plunge a clean skewer in the middle, and if on withdrawal it comes out clean, the cakes are done.

TIME.—1 to 1¼ hours. AVERAGE COST, 1*s.* 8*d.* SUFFICIENT to make 10 small cakes.

POTATO CAKE.

INGREDIENTS.—1 lb. of potato flour, ½ lb. of butter beaten to a cream, ½ lb. of castor sugar, 2 eggs, or the whites of 4, 10 drops of essence of lemon.

METHOD.—Mix the ingredients and beat them thoroughly for 10 minutes; then pour into a cake-tin, and bake for 15 minutes in a rather quick oven.

TIME.—½ an hour. AVERAGE COST, 1*s.* 2*d.* SUFFICIENT for 1 cake.

POUND CAKE.

INGREDIENTS.—1 lb. of butter, 1¼ lb. of flour, 1 lb. of castor sugar, 1 lb. of currants, 8 eggs, ¼ lb. of mixed candied peel, 2 oz. of sweet almonds; and, if liked, a little pounded mace.

METHOD.—Shred the peel very finely, taking equal quantities of orange, lemon, and citron. Blanch the almonds, and chop them finely. Sieve the flour on to a sheet of paper, and add the peel and almonds to it. Put the butter into a clean bowl, and beat it up to a light cream with the hand, then add the sugar, and give it another good beating; add in the eggs 1 at a time, beating them after each addition of eggs, and when all these ingredients are in, add the flour and carefully mix, using a little milk, if necessary, to bring the mixture to proper cake-batter consistency. Turn the preparation into round tins, line at the bottoms and sides with white greased paper. Bake it from 1½ to 2 hours, and let the oven be well heated when the cake is first put in, otherwise the currants will all sink to the bottom. A glass of wine is sometimes added to the mixture, but this is scarcely necessary, as the cake will be found quite rich enough without it.

TIME.—1½ to 2 hours. AVERAGE COST, 3*s.* SUFFICIENT, the above quantity can be divided in 2 or more cakes, as desired.

QUEEN CAKES.

INGREDIENTS.—1 lb. of flour, ½ lb. of butter, ½ lb. of castor sugar, 3 eggs, 1 teacupful of cream, ½ lb. of currants, 1 teaspoonful of baking-powder, essence of lemon or almonds, to taste.

METHOD.—Sieve the baking-powder well with the flour on to a sheet of paper. Put the butter, sugar, and cream into a clean basin, and beat up to a light cream. Add the eggs one at a time. When all the eggs are in, add the flour and fruit, and moisten with milk to the consistency of cake-batter. Put it into small buttered tins, and bake the cakes from ¼ to ½ an hour. Grated lemon-rind may be substituted for the lemon and almond flavouring, and will make the cakes equally nice.

TIME.—¼ to ½ an hour. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 2 or 3 dozen small cakes.

RICE CAKE.

INGREDIENTS.—½ lb. of ground rice, ½ lb. of flour, ½ lb. of castor sugar, 4 eggs, a few drops of essence of lemon or the grated rind of ½ a lemon, ½ lb. of butter.

METHOD.—Sieve the rice and flour together on to a sheet of paper. Put the butter into a clean

basin, add the sugar and yellow rind of the lemon, grated, and beat to a cream. Add the eggs one at a time, and when all are in, add the flour, moisten to cake-batter consistency, using a little milk if necessary. Turn into 1 or 2 buttered moulds, and bake in a moderate oven from 1 to 2 hours.

If preferred, the cake may be flavoured with essence of almonds.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 2 medium-sized cakes.

ROCK CAKES.

INGREDIENTS.—½ lb. of butter, 1 lb. of flour, ½ lb. of moist sugar, 2 eggs, 1 teaspoonful of essence of lemon, 1½ teaspoonfuls of baking-powder, a little milk.

METHOD.—Rub the butter, flour, baking-powder, and sugar well together (the flour should be dried and sifted); mix in the eggs well beaten, the essence of lemon, and ½ gill of milk. Drop the cake-mixture upon a baking-tin as roughly as possible, and bake for ¼ of an hour in a rather quick oven.

TIME.—¼ of an hour. AVERAGE COST, 1*s.* SUFFICIENT for 2 dozen cakes.

Note.—Currants or peel can be added if liked.

SAUCER CAKE FOR TEA.

INGREDIENTS.—¼ lb. of flour, ¼ lb. of best cornflour, ¼ lb. of castor sugar, ¼ lb. of butter, 2 eggs, 1 oz. of candied orange or lemon-peel.

METHOD.—Mix the flour and cornflour together; add the sugar, the candied peel cut into thin slices, the butter beaten to a cream, and eggs well whisked. Beat the mixture for 10 minutes, put it into a buttered cake-tin or mould; or, if this is not obtainable, a soup-plate answers the purpose, lined with a piece of buttered paper. Bake the cake in a moderate oven from ¾ to 1 hour, and when cold put it away in a covered canister. It will remain good for some weeks, even if it be cut into slices.

TIME.—¾ to 1 hour. AVERAGE COST, 1*s.* SUFFICIENT for 1 cake.

SAVOY CAKE.

INGREDIENTS.—The weight of 4 eggs in castor sugar, the weight of 6 eggs in flour, 7 eggs, a little grated lemon-rind or essence of almonds or orange-flower water.

METHOD.—Break the 7 eggs, putting the yolks into one basin and the whites into another. Whisk the former, and mix with them the sugar, the grated lemon-rind, or any other flavouring to taste; beat them well together, and add the whites of the eggs whisked to a froth. Continue to beat the mixture for ¼ of an hour, take out the whisk, sieve in the flour and mix it in with a wooden spoon. Butter a mould, dust it out with sugar and flour, pour in the cake mixture, and bake it from 1¼ to 1½ hours. This is a very nice cake for dessert, and may be iced for a supper table or cut into slices and spread with jam, to convert it into sandwiches.

TIME.—1¼ to 1½ hours. AVERAGE COST, 1*s.* SUFFICIENT for 1 cake.

SEED CAKE, COMMON.

INGREDIENTS.—½ a quartern of dough, ¼ lb. of good dripping, 10 oz. of moist sugar, ½ oz. of caraway seeds, 1 egg.

METHOD.—If the dough is sent from the baker's, put it in a basin covered with a cloth, and set it in a warm place to rise. Then spread it out over the board, add the fat, egg, and sugar, and rub together the ingredients until they are thoroughly mixed. Put the mixture into a buttered tin, and bake the cake for rather more than 2 hours.

TIME.—Rather more than 2 hours. AVERAGE COST, 9*d.* SUFFICIENT for 1 large cake.

SEED CAKE.

INGREDIENTS.—¾ lb. of butter, 6 eggs, ¾ lb. of castor sugar, pounded

mace and grated nutmeg to taste, 1 lb. of flour, ¾ oz. of caraway seeds.

METHOD.—Beat the butter to a cream, add the sugar, mace, nutmeg, and caraway seeds, and beat these ingredients well together. Whisk the eggs and beat them gradually into the mixture; then mix in the flour, using a little milk, if necessary, to bring it to cake-batter consistency. Put it into a tin lined with buttered paper, and bake it from 1½ to 2 hours in a moderate oven. This cake would be equally nice made with currants, omitting the caraway seeds.

TIME.—1½ to 2 hours. AVERAGE COST, 2*s*. SUFFICIENT for 1 cake.

SHORTBREAD, SCOTCH.

INGREDIENTS.—2 lb. of flour, ¼ lb. of cornflour or ground rice, 1 lb. of butter, ½ lb. of castor sugar, 1 oz. of sweet almonds, a few strips of candied orange-peel.

METHOD.—Beat the butter to a cream, gradually dredge in the flour, and add the sugar and sweet almonds, which should be blanched and cut into small pieces. Work the paste until it is quite smooth, and divide it into 6 pieces. Put each cake on a separate piece of paper, roll the paste out square to the thickness of about 1 inch, and pinch it round the edges. Prick it well with a skewer, and ornament with 1 or 2 strips of candied orange-peel. Put the cakes into a moderately heated oven, and bake from 25 to 30 minutes.

TIME.—25 to 30 minutes. AVERAGE COST, for this quantity, 2*s*. SUFFICIENT to make 6 cakes.

SODA CAKE.

INGREDIENTS.—1 lb. of flour, ¼ lb. of butter, ½ lb. of castor sugar, ½ lb. of currants, 1 egg, a gill of butter-milk, 1 teaspoonful of carbonate of soda, mace and nutmeg to taste.

METHOD.—Rub the butter into the flour, add the sugar, currants, and flavouring. Beat the egg well, add it to the dry ingredients and well mix, leaving a tablespoonful of the milk to dissolve the soda, adding this just before putting into the oven, and well mix it through the batter. Bake in buttered moulds. Prick with a knitting needle or small skewer; if this comes out clean the cakes are sufficiently done. A nice lunch or tea cake.

TIME.—30 minutes or an hour. AVERAGE COST, 1*s*. SUFFICIENT for 2 medium-sized cakes.

SPONGE CAKE.

INGREDIENTS.—The weight of 8 eggs in castor sugar, the weight of 5 eggs in flour, the rind of 1 lemon, 1 tablespoonful of brandy.

METHOD.—Put the eggs into one side of the scale, and take the weight of 8 in castor sugar, and the weight of 5 in good, dry flour. Separate the yolks from the whites of the eggs, beat in the former, put them into a saucepan with the sugar, and let them remain over the fire until milk-warm, keeping them well stirred. Then put them into a basin, add the grated lemon-rind, mixed with the brandy, and beat these ingredients well together. Whisk the whites of the eggs into a very stiff froth, stir them into the other ingredients, and beat the cake well for ¼ of an hour. Then take out the whisk, sieve into the flour, and mix it lightly with a wooden spoon. Put it into a buttered mould, dusted out with a little finely-sifted sugar and flour, and bake the cake in a quick oven for 1½ hours. Care must be taken that it is put into the oven immediately, or it will not be light. The flavouring of this cake may be varied by adding a few drops of essence of almonds, instead of the grated lemon-rind.

TIME.—1½ hours. AVERAGE COST, 1*s*. 3*d*. SUFFICIENT for 1 cake.

SWISS ROLL.

INGREDIENTS.—4 oz. of flour, 4

oz. of butter, 4 eggs, vanilla essence, jam, sugar.

METHOD.—Sift and warm the flour, beat the butter up with the eggs for 20 minutes, flavour with vanilla essence to taste, and stir the flour in lightly. Spread on a buttered baking dish and bake in a moderate oven for about 15 minutes Divide the pastry into strips; spread over each with raspberry or apricot jam, and roll up quickly Dredge with sugar, and let cool.

TIME.—About 1 hour. AVERAGE COST, 1*s*. SUFFICIENT for 6 persons.

TEA-CAKES.

INGREDIENTS.—2 lb. of flour, ½ a teaspoonful of salt, ¼ lb. of butter or lard, 1 egg, ½ oz. of distillery yeast, warm milk.

METHOD.—Put the flour, which should be perfectly dry, into a basin, mix with it the salt, and rub in the butter or lard; make a bay, pour in the yeast, dissolve in a little warm milk, add the egg, and then sufficient warm milk to make the whole into a smooth paste, and knead it well. Let it rise near the fire, and when well risen form it into cakes: place them in tins, let them rise again before placing them in the oven, and bake from a ¼ to ½ an hour in a moderate oven. These cakes are also very nice with the addition of a few currants and a little sugar to the other ingredients, which should be put in after the paste is moistened. The cakes should be buttered and eaten hot as soon as baked; but, when stale, they are very nice split and roasted; or, if dipped in milk, or even water, and covered with a basin in the oven till hot, they will be almost equal to new.

TIME.—¼ to ½ an hour. AVERAGE COST, 10*d*. SUFFICIENT to make 8 tea-cakes.

VANILLA CAKE.

INGREDIENTS.—¼ lb. of butter, ½ lb. of castor sugar, 3 eggs, ½ a teacupful of new milk, ¾ lb. of dry flour, 1 teaspoonful of baking-powder, essence of vanilla.

METHOD.—Beat the butter to a cream, add the sugar and beaten egg-yolks, beat the mixture for some minutes, then add the whites. Put the baking-powder in the flour, add it to the mixture, and beat well, adding a few drops of essence of vanilla, and using the milk to bring it to proper consistency. Finely cut candied peel may be added, or substituted for the vanilla, if preferred. Put the cake into a buttered tin, and bake for 1 hour.

TIME.—1 hour. AVERAGE COST, 9*d*. SUFFICIENT for 1 cake.

VICTORIA SANDWICHES.

INGREDIENTS.—6 oz. of flour, 4 oz. of castor sugar, 2 oz. of butter, 3 eggs, 1 teaspoonful of baking-powder, a little milk, jam, salt.

METHOD.—Stir the sugar and yolks of eggs together until thick and creamy, then add the butter melted. Pass the flour, baking-powder, and a good pinch of salt through a sieve, stir it lightly into the rest of the ingredients, and add milk by degrees until the mixture drops readily from the spoon. Now whisk the whites of eggs stiffly, stir them in as lightly as possible, and pour the preparation into a well-buttered Yorkshire pudding tin. Bake in a moderately hot oven for about 20 minutes, let it cool, split in halves, spread thickly with jam, replace the parts, and press lightly together. Cut into finger-shaped pieces, arrange them in groups of 3, letting the layers cross each other, sprinkle liberally with castor sugar, and serve.

TIME. — From 1¼ to 1½ hours, altogether. AVERAGE COST, 9*d*. SUFFICIENT for 1 large dish.

WEDDING CAKE.

INGREDIENTS.—2 lb. of butter, 2 lb. of castor sugar, ½ gill of caramel, 2½ lb. of flour, 18 eggs, 3 lb. of

currants, 3 lb. of sultanas, 1½ lb. of mixed peel, ½ lb. of blanched sweet almonds, the grated rind of 2 lemons, ½ a small nutmeg, 1 oz. of mixed spice, and ½ pint of brandy.

METHOD.—After cleaning the fruit and grating the nutmeg, cream the butter and sugar together and beat well till very light and smooth. Add a teaspoonful of salt, and work in the eggs one at a time. Work the flour in gradually, and then the remainder of the ingredients, but only beat in a little at a time. See that the whole is thoroughly mixed. Have ready a large cake tin, line it with brown paper, and allow at least 3 rounds of paper for the bottom; then put in the mixture, and bake in a moderately cool oven for 5 hours. When done allow it to stand for 1 or more days, then cover with almond icing, and coat with royal and transparent icing. Lastly, pipe the cake with royal icing according to taste.

TIME.—6 hours. AVERAGE COST, 1*s.* 6*d.* per lb. SUFFICIENT for a moderate-sized cake.

YORKSHIRE GINGER CAKE.

INGREDIENTS.—3 eggs, ½ pint of cream, 1 lb. of butter, ½ lb. of castor sugar, 2½ oz. of ground ginger, 2 lb. of flour, a little salt.

METHOD.—Whisk the eggs thoroughly, add the cream, and beat these together. Put the mixture into a saucepan, stirring till warm; add the butter, sugar, and ginger, carefully stirring over a very moderate fire. When the butter has melted, stir in the flour, adding salt, and make into a paste (the flour must be fine). Roll out the paste and cut it out with a plain round paste cutter on to buttered flat tins, and bake in a moderate oven.

TIME.—¾ of an hour. AVERAGE COST, 2*s.* 10*d.* SUFFICIENT for 3 to 4 dozen small cakes.

ICINGS FOR CAKES

ALMOND ICING FOR CAKES.

INGREDIENTS.—To 1 lb. of castor sugar allow ¾ of a lb. of ground sweet almonds, 2 or 3 eggs, a little rose or orange-flower water.

METHOD.—Weigh the castor sugar and ground almonds into a clean basin, and mix them well together; make a hole in the centre, break in the 2 eggs, add a little rose-water, and wet up into a firm paste, using another egg if necessary. Turn the mixture out of the pan on to the board, dusting it over with sugar to prevent it from sticking, then roll it out with a rolling pin to the size of the cake, place it on top and press smooth with the hand. This quantity of icing is sufficient for a cake weighing from 2 to 3 lb.

TIME.—¾ of an hour. COST, 1*s.* per lb.

COFFEE ICING.

INGREDIENTS.—1 lb. of icing sugar or fine castor sugar, 1 gill of cold water, 1 dessertspoonful of coffee essence.

METHOD.—Put the sugar and water into a stewpan, stir by the side of the fire until it reaches boiling point, and simmer for 4 or 5 minutes. Pour the syrup into a basin, add the coffee essence, and stir until the icing becomes less transparent as it cools. If used before it reaches this point it will have a dull appearance.

AVERAGE COST.—6*d.*

ROYAL ICING.

INGREDIENTS.—½ a lb. of icing sugar, 1 teaspoonful of lemon-juice, 1 white of egg.

METHOD.—Put the white of egg

into a basin, add the sugar gradually and work well with a wooden spoon. When the preparation presents a smooth, white brilliant appearance add the lemon-juice, and use as required.

AVERAGE COST.—4*d.*

SUGAR ICING FOR CAKES.

INGREDIENTS.—To every lb. of loaf sugar allow the whites of 4 eggs and 1 oz. of fine starch.

METHOD.—Beat the eggs to a stiff froth, and gradually sift in the sugar, which should be reduced to the finest possible powder, and gradually add the starch, also finely powdered. Beat the mixture well until the starch is smooth; then with a spoon or broad knife lay the icing equally over the cakes. These should then be placed in a very cool oven and the icing allowed to dry and harden, but not to colour. The icing may be coloured with strawberry or currant juice, or with prepared cochineal. If it be put on the cakes as soon as they are withdrawn from the oven, the icing will become firm and hard by the time the cakes are cold. On very rich cakes, such as wedding, christening cakes, etc., a layer of almond icing is usually spread over the top, and over that the white icing as described. All iced cakes should be kept in a very dry place.

AVERAGE COST, 1*s.* per lb.

TO ICE A CAKE.

INGREDIENTS.—¾ of a lb. of icing sugar, the whites of 2 eggs, orange-flower water.

METHOD. — Beat these ingredients as in preceding recipe, and while the cake is still warm, pour and smooth the icing evenly over it; then dry in a moderate heat to harden, but not to colour the icing.

AVERAGE COST.—Icing sugar, 6*d.* per lb.

TRANSPARENT ICING.

INGREDIENTS.—1 lb. of loaf sugar, ½ a gill of warm water.

METHOD.—Put the sugar and water into a sugar boiler or stewpan, let it dissolve, then bring to the boil, and simmer for about 5 minutes or until a thick syrup is formed (230 Fahr. on a saccharometer). Pour into a basin, stir until almost cold and setting, then use as required. AVERAGE COST, 3*d.*

GINGERBREAD AND RUSKS

GINGERBREAD.

INGREDIENTS.—1 lb. of treacle, ¼ lb. of butter, ¼ lb. of coarse brown sugar, 1½ lb. of flour, 1 oz. of ginger, ½ oz. of ground allspice, 1 teaspoonful of carbonate of soda, ¼ pint of warm water, 3 eggs.

METHOD.—Put the flour into a basin with the sugar, ginger, and allspice; mix these together, warm the butter, and add it with the treacle to the other ingredients. Stir well; make the water just warm, dissolve the carbonate of soda in it, and mix the whole into a nice smooth dough with the eggs, which should be previously well whisked; pour the mixture into a buttered tin, and bake it from ¾ to 1 hour, or longer should the gingerbread be very thick. Just before it is done, brush the top over with the yolk of an egg beaten up with a little milk, and put it back in the oven to finish baking.

TIME.—¾ to 1 hour. AVERAGE COST, 1*s.* 4*d.*

RUSKS.

INGREDIENTS.—4 oz. of butter, 2 oz. of castor sugar, 1 tablespoonful of brewers' yeast, 2 lb. of flour, 4 eggs, 1 quart of milk.

METHOD.—Mix the yeast with the

sugar and 1 teacupful of warm milk; pour it into the centre of the flour in a deep bowl, and let it rise for 1 hour in a warm place. The sponge should then be sufficiently light. Mix with it and the rest of the flour the remaining milk, the eggs, and a little salt, beating the whole well with a wooden spoon; then put it into a buttered tin, set it to rise for another hour, bake in a moderate oven, and, when cold, cut the cake into thin slices and dry them in a quick oven, having previously sprinkled them with pounded sugar. These rusks will be found a delicious substitute for toast for an invalid, and are appetizing and nourishing.

TIME.—1 hour. AVERAGE COST, 1*s.* 6*d.*

MUFFINS, CRUMPETS, ROLLS, AND TOAST

CRUMPETS.

INGREDIENTS.—1 quart of water, 2 oz. of yeast, ¼ lb. of potatoes, ½ oz. of salt, flour.

METHOD.—Proceed exactly the same as directed for muffins, but stir in only half the quantity of flour used for them, so that the mixture is more of a batter than sponge. Cover over, and leave for ½ an hour. At the end of that time take a large wooden spoon and well beat up the batter; leave in the spoon, cover over, and leave for another ½ hour. Then give the batter another good beat up. This process must be repeated three times with the intervals. When completed, see that the "hot plate" is quite hot, lay out some crumpet rings rubbed over inside with a little clean lard on a baking-tin, and pour in sufficient of the batter to make the crumpets. When cooked on one side, turn over with a palette knife, and when done take off on a clean cloth to cool. Muffins and crumpets should always be served on separate dishes, and both toasted and served as quickly as possible.

TIME.—20 minutes to cook. AVERAGE COST, ½*d.* each.

DROP SCONES.

INGREDIENTS.—9 oz. of flour, 1 oz. of sugar, 1 teaspoonful cream of tartar, ¼ teaspoonful carbonate of soda, ½ teaspoonful of salt, 1 egg, ½ a pint of milk.

METHOD.—Pass the flour, salt, cream of tartar and carbonate of soda through a sieve into a basin, and add the sugar. Make a well in the centre, put in the egg, and the milk gradually until a smooth batter is obtained. Pour it in tablespoonfuls on to a hot greased girdle. When well risen and browned underneath, turn them and brown the other side. Butter them and serve hot.

TIME.—To bake the scones, 10 minutes. AVERAGE COST, about 3½*d.* SUFFICIENT for 6 or 8 small scones.

MUFFINS.

INGREDIENTS.—1 quart of water, 2 oz. of yeast, ¼ lb. of potatoes, ½ oz. of salt, flour.

METHOD.—Wash, peel, and boil the potatoes, rub through a colander, add the water (just warm enough to bear the hand in it without discomfort); then dissolve the yeast and salt in it, and stir in sufficient flour to make a moist paste. Beat it well in a deep bowl, and then clear off the paste from the hands; cover over with a clean cloth, and leave it to rise in a warm place. When it has well risen, and is light and spongy, turn it out on the table, dredge over with flour, and then divide it off into pieces about 3 oz. in weight; roll them up into round shapes, and set them on a wooden tray, well dusted with flour, to prove. When light enough, see that the hot plate is hot, and then

carefully transfer the muffins from the tray, one at a time, using a thin tin slice for the purpose, taking particular care not to knock out the proof, or the muffins will be spoilt. When they have been properly cooked on one side, turn over with the slice and cook the other side. When the muffins are done, brush off the flour, and lay them on a clean cloth or sieve to cool.

To toast them, divide the edge of the muffin all round, by pulling it open to the depth of about 1 inch with the fingers. Put it on a toasting-fork, and hold it before a clear fire till one side is nicely browned, but not burnt; turn, and toast it on the other. Do not toast them too quickly, otherwise the middle of the muffin will not be warmed through. When done, divide them by pulling them open; butter them slightly on both sides, put them together again, and cut them into halves. When sufficient are toasted and buttered, pile them on a very hot dish, and send them very quickly to table.

TIME.—From 25 to 30 minutes to bake them. AVERAGE COST, 1*d.* each.

ROLLS, HOT.

As soon as the rolls come from the bakers they should be put into the oven, which, in the early part of the morning, is sure not to be very hot; and the rolls must not be buttered until wanted. When they are quite hot, divide them lengthwise into 3, put some thin flakes of good butter between the slices, press the rolls together, and place them in the oven for 1 or 2 minutes, but not longer or the butter will oil. Take them out of the oven, spread the butter equally over them, divide the rolls in half, put them on to a very clean hot dish, and send them instantly to table.

TIME.—10 minutes. COST, 1*d.* each.

ROLLS, NICE.

INGREDIENTS.—1 lb. of flour, 2 oz. of butter, 4 oz. of powdered lump sugar, 2 eggs, 1 teaspoonful of baking-powder, and a pinch of salt.

METHOD.—Mix all these ingredients well together, and work into a stiff dough with a little milk. Roll it out ¾ of an inch thick, and cut into rolls, throw them into a pan of boiling water on the fire, and directly they rise to the top (which will be in a minute or so, if the water is really boiling), take them out and put them into a pan of cold water for 1 or 2 hours, if not quite ready to bake them. Then bake the rolls for 20 minutes in a quick oven.

TIME.—20 minutes. AVERAGE COST, 7*d.* SUFFICIENT for 20 rolls.

SALLY LUNS.

INGREDIENTS.—½ lb. of flour, 1 oz. of butter, ½ oz. of compressed yeast, ¼ teaspoonful of castor sugar, ¼ teaspoonful of salt, 1 egg, ¼ pint of lukewarm milk.

METHOD.—Mix the flour and salt in a basin and make a well in the centre. Melt the butter in the warm milk. Cream the yeast and sugar, beat and add the egg, and stir in the milk. Add gradually to the flour, and beat with the hand until smooth. Warm and grease two round cake tins, put in the dough, place a sheet of paper over them, and let them prove until the dough expands to nearly double its original size. Bake in a sharp oven.

TIME.—To bake, about 25 minutes. AVERAGE COST, 4*d.*

SCONES.

INGREDIENTS.—1 lb. of flour, 1 oz. of sugar, 2 oz. of butter or fat, 2 teaspoonfuls of cream of tartar, 1 teaspoonful of carbonate of soda, ½ teaspoonful of salt, ½ pint of milk.

METHOD.—Rub the fat into the flour, mix in the sugar, salt, and cream of tartar. Dissolve the carbonate of soda in the milk, stir it gradually into the flour, and mix into a smooth dough. Knead lightly, form into a round cake, which place

on a greased tin, and before baking, cut crosswise in four to half its depth. Bake in a quick oven from 30 to 35 minutes. When half done brush over with milk.

TIME.—To bake, 30 to 35 minutes. AVERAGE COST, 4*d.* to 5*d.*

TOAST, DRY, TO MAKE.

METHOD.—To make dry toast properly a great deal of attention is required; much more, indeed, than people generally suppose. Never use new bread for making any kind of toast, as it is moist and tough, and, in addition, is very extravagant. Procure a loaf of household bread about two days old; cut off as many slices as may be required, not quite ¼ of an inch in thickness; trim off the crusts and ragged edges, put the bread on a toasting-fork, and hold it before a very clear fire. Toast it carefully until the bread is nicely coloured, then turn it and toast the other side, but do not hold it so close to the fire that it blackens. Dry toast should be made more gradually than buttered toast, as its best feature is its crispness, and this cannot be attained unless the process is slow, and the bread is allowed gradually to colour. Toast should never be made long before it is wanted, as it soon becomes tough unless placed on a fender in front of the fire. Directly each piece is ready, it should be put into a rack or stood upon its edges and sent quickly to table.

TOAST, HOT BUTTERED, TO MAKE

METHOD.—A loaf of household bread about 2 days old answers for making toast better than cottage bread, the latter not being a good shape and too crusty for the purpose. Cut as many nice even slices as may be required, rather more than a ¼ inch in thickness and toast them before a very bright fire without allowing the bread to blacken, which spoils both the appearance and flavour of toast. When both sides are nicely coloured, put the toast on a hot plate; divide some good butter into small pieces, place these on the toast, set this before the fire, and when the butter is just beginning to melt spread it lightly over the toast. Trim off the crust and ragged edges, divide each round into 4 pieces, and send the toast quickly to table. Some persons cut the pieces of toast across from corner, thus making the pieces of a three-cornered shape. Soyer recommends that each slice should be cut into pieces as soon as it is buttered, and when all are ready, that they should be piled lightly on the dish they are intended to be served on. He says that by cutting through 3 or 4 slices at a time all the butter is squeezed out of the upper ones, while the bottom one is swimming in fat liquid. It is highly essential to use good butter for making this dish.

WHEATEN SCONES.

INGREDIENTS.—¾ lb. whole meal, ¼ lb. white flour, 1 oz. of butter, ½ teaspoonful of salt, ¼ teaspoonful of tartaric acid, milk.

METHOD.—Rub the butter into the flour, and add the remaining dry ingredients. Stir milk in gradually until a soft dough is formed, knead lightly, turn on to a floured board, and roll out to the thickness of ½ an inch. Stamp out with a glass or cutter, and bake in a sharp oven from 8 to 10 minutes.

TIME.—To bake, from 8 to 10 minutes. AVERAGE COST, 3½*d.* to 4*d.*

SALADS AND SANDWICHES

Although lettuce frequently forms the foundation of salads composed of raw materials, there are few vegetables and edible plants that may not be used for the purpose. To ensure success, it is absolutely necessary that the plants and vegetables employed should be young, freshly gathered, and crisp. If stale and limp, they may be freshened by immersion in cold water for a time, otherwise it is better to simply wash them thoroughly. Probably the point upon which perfection largely depends is the more or less complete removal of moisture after washing. When a salad basket is not available, the materials should be well drained and shaken in a colander, and afterwards in a clean dry cloth held by the corners, and shaken lightly until the salad is dry. Lettuce should always be torn into shreds, not cut with a knife; and it is a good plan to pour the salad dressing into the bottom of the bowl, lay the vegetables upon it, and mix vigorously at the moment of serving. Salads afford considerable scope for the exercise of individual taste and inventive faculty, and whatever their composition, they should always look cool, inviting, and dainty.

To have sandwiches in perfection the bread should not be more than one day old, and sandwich loaves should be provided when a large number have to be prepared, or large French rolls, when rolled sandwiches are preferred. Creamed butter is more easily spread than ordinary butter, but when the latter is used it should first be beaten to a cream. Savoury anchovy, lobster, prawn, and shrimp butters may be usefully employed to give piquancy and variety to other substances; they are also used alone in the preparation of rolled sandwiches, which consist of single slices of bread and butter, spread with some prepared substance, and then lightly rolled.

Sandwiches for afternoon tea, or any occasion where they will come in contact with gloved fingers, should be left perfectly plain on the outside, but when they may be eaten with a fork, some pretty effects may be produced by decorating them with variously-coloured chaudfroid sauces. Or they may be decorated with cold aspic jelly and garnished with lobster coral, Krona pepper, parsley, egg, etc.

SALAD DRESSINGS

MAYONNAISE DRESSING.

Ingredients.—½ pint of milk or single cream, ¼ pint of vinegar, 3 yolks of eggs, 1 tablespoonful of salad-oil, 1 tablespoonful of sugar, 1 tablespoonful of salt, 1 dessertspoonful of mustard.

Method.—Mix the oil, sugar, salt, and mustard well together in a basin, add the well beaten yolks of eggs, next the vinegar, and lastly the cream or milk. Stand the basin in a saucepan containing sufficient boiling water to surround it to half its depth, and stir the

mixture over the fire until it acquires the consistency of custard. This dressing, if tightly bottled, will keep for several days.

AVERAGE COST.—*6d.*, when made with milk.

SALAD CREAM.

INGREDIENTS.—4 tablespoonfuls of cream, 1 tablespoonful of vinegar, ½ a teaspoonful of made mustard, 1 saltspoonful of castor sugar, ½ a saltspoonful of salt.

METHOD.—Mix the mustard, salt, and sugar smoothly together, stir in the cream, add the vinegar drop by drop, and use as required.

AVERAGE COST.—*6d.*

SALADS

ASPARAGUS SALAD.

INGREDIENTS.—50 heads of cooked asparagus, mayonnaise, vinaigrette, or some salad dressing (*see* recipes for same).

METHOD.—Let the asparagus remain on ice for 2 or 3 hours, then coat the tips with sauce, dish up neatly, and serve.

BEETROOT AND ONION SALAD (*See* **Onion Salad**).

Use one part of thinly-sliced onion and two parts of sliced and pickled beetroot.

COLD MEAT SALAD.

INGREDIENTS.—Cold roast or boiled meat, 4 anchovy fillets, 2 shallots, 2 tablespoonfuls of salad-oil, 1 tablespoonful of wine vinegar, ½ a teaspoonful of finely-chopped parsley, 1 teaspoonful of French mustard, salt and pepper. For garnishing: finely-shredded pickled gherkins, finely-chopped capers.

METHOD.—Cut the meat into strips about 2½ inches in length and 1 inch in width. Chop the shallots and fillets of anchovy finely, put them into a basin, add ½ a teaspoonful of parsley, the oil, vinegar, and mustard, season with a little salt and pepper, then stir in the slices of meat, cover, and put aside for 2 hours, stirring occasionally. When ready to serve arrange the salad in a pyramidal form in a salad bowl, garnish with strips of gherkin and chopped capers, and serve.

CRESS SALAD.

INGREDIENTS.—Watercress, mustard and cress, 2 hard-boiled eggs, French Orleans vinegar, tarragon vinegar, Provence oil, mignonette pepper, salt.

METHOD.—Mix together equal quantities of French Orleans vinegar, Provence oil, and tarragon vinegar. Season this with salt and mignonette pepper. Have ready some small cress and watercress thoroughly washed and trimmed. Drain well, and pour over the prepared dressing. Mix well but lightly, and put into a salad-bowl. Garnish with hard-boiled eggs, and serve.

CUCUMBER SALAD.

INGREDIENTS.—1 cucumber, ½ a teaspoonful of finely-chopped parsley, vinegar, salad-oil, salt and pepper.

METHOD.—Peel the cucumber thinly, cut it into very thin slices, and place them in a salad bowl or dish. Mix 2 parts of salad-oil with 1 part of vinegar, add the parsley, salt and pepper to taste, stir well, and pour over the cucumber.

EGG SALAD.

INGREDIENTS.—6 hard-boiled eggs, 1 crisp lettuce, a few slices of beetroot, 1 tablespoonful of capers, 1½ teaspoonfuls of chopped parsley, 1 slice of toasted bread, 2 tablespoonfuls of cream, 1 tablespoonful of mayonnaise sauce.

METHOD.—Cut the eggs across

into rather thick slices ; wash, trim, and dry the lettuce thoroughly ; whip the cream stiffly, and add it, with a teaspoonful of parsley, to the mayonnaise sauce. Place the round of toast in a salad bowl ; upon it arrange a layer of lettuce leaves, then a layer of mayonnaise, cover with slices of egg, and season with salt and pepper. Repeat until the materials are used, piling the centre somewhat high, garnish with the capers and slices of beetroot, sprinkle on the remainder of the parsley, and serve.

ENDIVE SALAD.

INGREDIENTS.—Endive, cress, shredded celery, boiled beetroot, salad dressing (*see* recipes for same).

METHOD.—Separate the endive into tufts, toss these in salad dressing, pile them high in a salad-bowl, and garnish with cress, celery, and beetroot.

ENGLISH SALAD.

INGREDIENTS.—Shredded lettuce, watercress, mustard and cress, sliced radishes, a few spring onions finely sliced, sugar, salt, pepper, equal parts of oil and vinegar, sliced tomatoes.

METHOD.—Mix together the lettuce, cress, radishes, and onions. Add a little sugar and a seasoning of salt and pepper to the oil and vinegar, pour it over the salad, and serve garnished with sliced tomatoes.

LETTUCE SALAD.

INGREDIENTS.—2 heads of cabbage lettuce, 2 hard-boiled eggs, 3 saladspoonfuls of salad-oil, 1 saladspoonful of tarragon vinegar, ½ a teaspoonful of chopped parsley, salt and pepper.

METHOD.—Trim, wash, and dry the lettuce thoroughly, tear it into shreds and place it in a salad bowl. Put about 2 saltspoonfuls of salt and ½ a saltspoonful of pepper into the salad-spoon. Fill it with tarragon vinegar, stir until the salt is dissolved, then pour the contents of the spoon over the salad. Add 3 tablespoonfuls of salad-oil, mix the salad thoroughly, place on the top the eggs cut into quarters, sprinkle over the chopped parsley, and serve.

ONION SALAD.

INGREDIENTS.—Large mild onions, finely-chopped parsley, pepper and salt, oil, vinegar.

METHOD.—Peel the onions, cover them with cold water, bring to boiling point, and drain. Let them remain in cold water for 6 or 7 hours, changing the water repeatedly. Slice thinly, season with salt and pepper, moisten slightly with vinegar, and more liberally with oil, sprinkle lightly with parsley, then serve.

POTATO SALAD.

INGREDIENTS.—1½ lbs. of small potatoes, ¼ lb. of lean bacon, 1 very small onion finely chopped, 1 teaspoonful of finely-chopped parsley, 1 tablespoonful of mayonnaise sauce, vinegar, salt and pepper.

METHOD.—Boil the potatoes in their skins, peel and slice them whilst hot. Cut the bacon into dice, fry it until nicely browned, then drain well from fat, and put it into a basin with the sliced potato and onion. Season with salt and pepper, stir in the mayonnaise sauce, and about 2 tablespoonfuls of vinegar. Mix carefully so as not to break the potato, and serve in a salad-bowl with the surface sprinkled with the parsley.

SHRIMP SALAD.

INGREDIENTS.—1 pint of picked shrimps, 2 or 3 tablespoonfuls of mayonnaise sauce, sliced cucumber, shredded lettuce.

METHOD.—Stir the sauce into the shrimps, put the mixture in a salad-bowl or dish, garnish with cucumber and lettuce, then serve.

SPINACH AND EGG SALAD.

INGREDIENTS.—1 quart of young spinach leaves, 6 spring onions chopped, 3 or 4 hard-boiled eggs, oil, vinegar, salt and pepper.

METHOD.—Wash the spinach free from grit, dry it thoroughly, and mix it with the onions. Add a few drops of vinegar to 1 tablespoonful of oil, season with salt and pepper, pour it over the spinach, and mix well. Turn into a salad-bowl, garnish with sections of egg, and serve. A salad of cooked spinach may be made by pressing the purée into a mould or moulds, which, when cold, are turned out and garnished with sections of egg.

SUMMER SALAD.

INGREDIENTS.—2 or 3 lettuces shredded, 2 handfuls of mustard and cress, 12 radishes sliced, ½ a cucumber sliced, salad dressing (*see* recipes for same).

METHOD.—Place a little salad-dressing at the bottom of a salad-bowl, put in the lettuce, etc., and serve when well mixed.

VEGETABLE SALAD, MIXED.

INGREDIENTS.—1 small cooked cauliflower, 1 small cooked beetroot, 1 small cucumber, 2 or 3 firm cooked potatoes, 2 firm tomatoes, 1 crisp lettuce, ⅓ pint of mayonnaise sauce or salad dressing.

METHOD.—Divide the cauliflower into small sprays, cut the beetroot and potatoes into fine strips, slice the cucumber and tomatoes. Place all these ingredients in layers in a salad bowl, piling somewhat high in the centre, and season each layer with salt and pepper. Pour over the salad-dressing, and garnish with a border of lettuce, previously well washed and dried.

WINTER SALAD.

INGREDIENTS.—1 small head of celery, ½ a cooked beetroot, 3 or 4 cold potatoes, ½ a teaspoonful of finely-chopped parsley, salad-dressing, salt and pepper.

METHOD.—Peel and slice the beetroot, slice the potatoes, shred the celery, but not too finely. Arrange the prepared vegetables in separate layers, seasoning each layer with a little salt and pepper. Pour over 4 or 5 tablespoonfuls of salad-dressing, sprinkle on the parsley, and serve.

SANDWICHES

ANCHOVY AND EGG SANDWICHES.

INGREDIENTS.—10 anchovies, 3 hard-boiled yolks of eggs, 2 tablespoonfuls of grated Parmesan cheese, butter, cayenne, white or brown bread, curry-butter, made with 4 oz. of fresh butter beaten to a cream 1 heaped teaspoonful of curry powder, and ½ a teaspoonful of lemon-juice stirred in, and salt to taste.

METHOD.—Wash and bone the anchovies, pound them in a mortar with the yolks of eggs, cheese, as much butter as is needed to moisten the whole, and a little cayenne. Prepare some thin slices of bread and curry-butter, spread half of them with the preparation, cover with the remainder, and press these well together. Next trim the edges neatly, and cut them into triangles or any shape preferred. Dish neatly on a folded serviette or lace paper, and serve garnished with watercress or parsley.

ANCHOVY AND HADDOCK SANDWICHES.

INGREDIENTS.—6 oz. of finely chopped cooked smoked haddock, 2 oz. of butter, 1½ oz. of anchovy paste, cayenne pepper, creamed butter, or mayonnaise sauce, white or brown bread.

METHOD.—If possible, pound the fish, butter, and anchovy paste in a mortar until smooth; if not, work them well together, using a wooden spoon and basin for the purpose. When a smooth, soft paste is obtained, season to taste, and spread the mixture on thin slices of bread. Cover an equal number of slices thickly with creamed butter or mayonnaise sauce, and press the parts firmly together. Trim neatly, cut into circles, squares, or triangles, and serve on a folded serviette garnished with watercress or parsley.

BEEF SANDWICHES.

INGREDIENTS.—Cold roast beef, tomato, cucumber, or cress, mustard or curry-butter, white bread, salt.

METHOD.—Spread thin slices of bread with mustard or curry-butter, cover half of them with thinly-sliced beef, add slices of tomato, cucumber, or watercress leaves, seasoned with salt, pepper, and vinegar. Cover with buttered bread, press well together, trim and cut into squares or triangles. Variety may be obtained by spreading the bread with creamed butter, and adding a thin layer of horseradish sauce to the beef instead of tomato or cucumber.

CAVIARE SANDWICHES.

INGREDIENTS.—Astrakhan caviare, creamed butter, lemon-juice, cayenne, pepper.

METHOD.—Prepare some thin slices of bread, spread them lightly with caviare, sprinkle with lemon-juice and a little cayenne. Have ready an equal number of slices of bread and creamed butter, cover, press lightly together, trim, and cut into square, triangular, or finger-shaped pieces. These sandwiches may be varied by using lobster, prawn, or shrimp butter, any of which flavours combine agreeably with that of caviare.

CELERY SANDWICHES.

INGREDIENTS.—Very finely-shredded celery, cream, salt and pepper, thin slices of buttered white bread.

METHOD.—Moisten the celery slightly with cream, season to taste, place a thin layer between slices of bread and butter, and serve.

CHEESE SANDWICHES.

INGREDIENTS.—Cheshire or Cheddar cheese, butter, anchovy essence or paste, white or brown bread, salt and pepper, cayenne.

METHOD.—Grate the cheese finely, then either pound or work it until smooth with a little seasoning, anchovy essence, or paste, and as much butter as is needed to form the whole into a soft paste. Have ready some thin slices of bread and butter, spread the cheese preparation on half of them, cover with the remainder, press well, trim, and cut into the desired shape.

CHICKEN SANDWICHES.

INGREDIENTS.—Cooked chicken, cooked ham or tongue, creamed or watercress butter, 1 large French roll or white bread.

METHOD.—Select a roll 1 day old, rasp the crust, but do not remove it, slice thinly, and spread with butter. Shred the chicken and ham or tongue finely, place a layer between 2 slices of bread and butter, and press well together. Arrange overlapping each other in a circle on a folded serviette, and serve garnished with small salad or watercress.

COD'S ROE SANDWICHES.

INGREDIENTS.—Cod's roe and liver, brown bread, butter, essence of anchovy, 1 finely-chopped small onion, 1 teaspoonful of finely-chopped parsley, lemon-juice or vinegar, salt and pepper.

METHOD.—Fry the onion in ½ oz. of butter until lightly browned, add the roe and liver cut up small, the parsley, and seasoning to taste. Stir over the fire for a few minutes, then pound, sieve and spread it

when cold on brown bread and butter. Press well, trim, and cut into circles, squares, or triangles. Dish tastefully, and serve garnished with watercress or parsley.

CUCUMBER SANDWICHES.

INGREDIENTS.—1 large cucumber, creamed butter, white or brown bread, salad-oil, lemon-juice, vinegar, salt and pepper.

METHOD.—Peel the cucumber, slice it thinly, season liberally with salt, drain on a hair sieve for 1 hour, and dry thoroughly. Now put it into a basin and sprinkle with pepper, salad-oil, lemon-juice, or vinegar, liberally or otherwise, according to taste. Have ready some thin slices of bread and butter, stamp out some rounds of suitable size, place slices of cucumber between two rounds of bread, and press the parts well together. Dish slightly overlapping each other in a circle on a folded serviette, and serve garnished with parsley.

EGG SANDWICHES.

INGREDIENTS.—Fresh eggs, watercress, or mustard and cress, white or brown bread, butter, oil, vinegar, salt and pepper.

METHOD.—Boil the eggs for 15 minutes, then crack the shells, and leave the eggs in water until quite cold. When ready, shell, slice them thinly, season with salt and pepper, and sprinkle lightly with oil and vinegar mixed in equal proportions. Let them remain for 15 minutes, then turn them carefully, and season and sprinkle as before. Meanwhile, wash and dry the cress thoroughly, and season it with oil, vinegar, salt, and pepper. Cut some thin slices of bread and butter, spread ½ of them with the prepared eggs and the rest with cress, press them firmly together, trim away the crust, and cut into shape. Dish them neatly on a folded serviette, garnished with small salad or watercress.

SALMON SANDWICHES.

INGREDIENTS.—Cold boiled salmon, prepared cucumber (*see* Cucumber Sandwiches,) mayonnaise or tartare sauce, bread, butter.

METHOD.—Cover thin slices of bread and butter with salmon separated into very small flakes, add a thin layer of mayonnaise or tartare sauce, and on the top place slices of cucumber. Cover with more bread and butter, press well together, trim, and cut into shape. Other kinds of fish may be used in this manner, or they may be pounded and passed through a sieve. Tomato, lettuce, or cress may replace the cucumber, and any suitable thick sauce may be substituted for the mayonnaise.

TOMATO SANDWICHES.

INGREDIENTS.—Ripe, firm tomatoes, creamed butter, white or brown bread, lemon-juice or vinegar, salt and pepper.

METHOD.—Pour boiling water over the tomatoes, let them remain immersed for 2 minutes, then drain and cover with cold water. Allow them to become quite cold, dry well, remove the skins and slice thinly. Season with salt and pepper, and sprinkle with lemon-juice or vinegar, sparingly or otherwise, according to taste. Have ready some thin slices of bread and butter, stamp out some rounds of suitable size, place slices of tomato between 2 rounds of bread, and press well to make the parts adhere firmly together. Serve on a daintily covered dish garnished with small salad or watercress.

BEVERAGES

Beverages may be broadly divided into four classes: (1) water; (2) infusions and decoctions; (3) mineral waters, natural and artificial; (4) beverages containing alcohol.

Water. To whichever class beverages belong, water forms their basis, and it is of the greatest importance that the source of supply should be as pure as possible. Absolutely pure water does not exist in nature, and when it is obtained by the distillers' art, it is flat and unpalatable. It may, however, by other mechanical means, be freed from impurities dangerous to health.

Tea, Coffee, Cocoa. The most popular non-alcoholic beverage in this country is tea, now considered almost a necessary of life. About 90 per cent. of the tea annually consumed in Great Britain is imported from Assam and Ceylon. Apart from the delicate flavour of China and Darjeeling teas, they are generally considered almost, if not quite, harmless to the digestion, when properly made, and imbibed in moderation; but the more highly-flavoured teas of India and Ceylon, are, generally speaking, less expensive. A high priced tea is not necessarily dear, for some tea is heavy and some light, so that a teaspoonful does not bear the same ratio to every pound, nor produce the same strength of infusion. The best tea generally produces a pale coloured infusion, and the depth of colour is not an invariable sign of strength. Freshly infused tea is harmless to a normal digestion; continued infusion extracts the "tannin," a bitter substance with a decided and often baneful effect upon the digestive organs, particularly noticeable in those who habitually drink tea that has stood or "drawn" for a long time.

It appears that coffee was introduced into England in 1652 by Danniell Edwards, a merchant, whose servant, Pasqua, a Greek, understood the art of roasting and preparing it. Pasqua established the first coffee-house in London, in George Yard, Lombard Street. At that time coffee was sold at 4 or 5 guineas a pound, and a duty of fourpence a gallon when made into a beverage.

Coffee from the districts of Mocha and Aden have always been highly esteemed. Coffee also comes from Jamaica, Java, Ceylon, and other places.

The flavour of coffee depends largely on the method of roasting. Over-roasting imparts an unpleasant bitter flavour, and when the coffee is insufficiently roasted, the flavour is only partially developed.

Raw coffee can be kept for a long time without deterioration, and, after roasting, good coffee, if properly treated, will retain its flavour for a considerable time, but the full flavour and aroma can only be preserved by making the coffee immediately it is ground. To have it quite perfect it should, of course, be freshly roasted and ground.

Cocoa, which, unlike tea and coffee, is a nourishing food as well as drink, is an article for which the

demand is fast growing larger in this country. It is prepared from the seeds of a tree grown in America, Asia, and Africa. The nut roasted and the husk removed, and the kernel, roughly ground, is sold as cocoa nibs, the only pure form. Prepared cocoa is the kernel ground with some starchy matter and sugar, which thicken the water or milk in which it is made as a beverage and render it more pleasant to taste than that made with the nibs. Chocolate is prepared from the finest cocoa beans, ground, sweetened and flavoured, and may be considered, if of the best quality, one of the most nourishing and pleasant drinks.

Mineral Waters. Many of the natural mineral waters possess valuable medicinal properties, others, being free from impurities, palatable, and quite harmless when used in moderation, afford refreshing beverages either by themselves, or mixed with others of an alcoholic character. Great care is usually taken by manufacturers of artificial mineral waters to obtain the waters from a pure source. After being variously flavoured, carbonic acid gas is forced into the water, and this gas, on being liberated when the cork is drawn, produces the effervescence, the indispensable characteristic of waters of this class.

Wine. Wine of every description should be stored in a cool dry place. Champagne and similar wines should be served cold. In hot weather the bottles should be laid on crushed ice and covered with a wet flannel for an hour or more before being served. Claret and Burgundy, on the contrary, should be drunk nearly milk-warm, and the temperature can be raised by keeping the wine near the fire for a time, or more speedily by standing the bottles in a vessel of hot water, renewing the water when necessary. Port wine, if exposed to a low temperature, will acquire a harsh, thin, acid flavour, which temporarily deprives it of its characteristic qualities. Old wine that has been bottled for any length of time sometimes throws a deposit the whole length of the bottles as they lie, and great care is needed in decanting. The wine should be carefully decanted and kept in a warm place for several hours, and re-decanted if necessary before serving. When wanted at short notice, old wine may be served from a decanting basket, which allows the bottle to lie in the same position as it does in a bin, but with the neck a little higher.

CUPS

CIDER CUP.

Ingredients.—1 bottle of cider, 1 bottle of soda-water, 1 liqueur glass of brandy, a few thin strips of cucumber-rind, a few thin strips of lemon-rind, a dessertspoonful of lemon-juice, a dessertspoonful of castor sugar, or to taste.

Method.—Surround the cider and soda-water with rough ice, and let them cool for ½ an hour. Put the brandy, cucumber, lemon-rind, lemon-juice, and sugar into a large jug, add the iced cider and soda-water, and serve at once.

CLARET CUP.

Ingredients.—1 bottle of claret, 1 wineglassful of sherry, 1 liqueur glass of brandy, 1 liqueur glass of noyeau, 1 liqueur glass of Maraschino, the thin rind of 1 lemon, castor sugar to taste, 1 large bottle of seltzer or soda water.

Method.—Put the claret, lemon-rind, and 1 or 2 tablespoonfuls of castor sugar into a large jug, cover, and let it stand embedded in ice for 1 hour. Add the other ingredients, and serve.

CHEESE.

1—Gorgonzola. 2—Double Gloucester. 3—Koboko. 4—Parmesan. 5—Dutch.
6 Roquefort. 7 Schabzieger. 8 -Dunragit. 9 York Cream. 10 Port du Salut.
11—Cheddar. 12 -Pommel. 13 -Camembert. 14--Mainzer. 15—Cheshire.
15—Stilton. 17 Cream Bondon. 18 -Gruyère. 19 Wiltshire Loaf. 20 -Cheddar Loaf.

MOSELLE CUP.

INGREDIENTS.—1 bottle of Moselle, 2 glasses of Curaçoa, 1 bottle of seltzer or soda-water, the juice and thin rind of 1 lemon, a few thin slices of cucumber, 1 tablespoonful of castor sugar, or to taste, crushed ice.

METHOD.—Put the lemon-rind and lemon-juice, the sugar, cucumber Curaçoa, and wine into a jug, let it stand covered for 15 or 20 minutes, then add the mineral water and a little crushed ice, and serve at once.

WINE CUP.

INGREDIENTS.—1 pint of champagne (iced), 1 pint of good claret, 1 pint of mineral water, 1 wineglassful of brandy, 1 wineglassful of Curaçoa, 1 orange sliced, 1 lemon sliced, 2 pieces of cucumber-rind, green mint, ice.

METHOD.—Put all these ingredients into a large glass jug, adding 2 or 3 tablespoonfuls of crushed ice. If liked, a little castor sugar may be added. The cup is served with small sprigs of mint floating on its surface.

HOME-MADE WINES

APPLE WINE.

INGREDIENTS.—5 gallons of good cider, 10 lb. of loaf sugar.

METHOD.—Put the cider into a cask it will about ¾ fill, add the sugar and stir occasionally with a piece of wood or cane until the sugar is quite dissolved; at the end of 48 hours put in the bung, and place a small vent peg near the top of the cask. Allow the cask to remain for 12 months in a cool dry place, when the wine will be ready for use.

CHERRY BRANDY.

INGREDIENTS.—Sound, not over ripe Morella cherries. To each lb. allow 3 oz. of best castor or pounded loaf sugar, good French brandy to cover them.

METHOD.—Cut off the stalks, leaving them about ½ an inch in length, wipe the cherries with a soft cloth, and put them into perfectly dry, wide-necked bottles. Rather more than half fill the bottles, and place the fruit and sugar in alternate layers. Fill the bottles with brandy, cork them closely, and cover the tops with melted wax or bladder. Keep for at least 2 months before using.

CIDER PUNCH.

INGREDIENTS.—1 quart of cider iced, 1 bottle of iced seltzer or soda-water, 1 wineglassful of brandy, 2 oz. of sugar, or to taste, 1 lemon thinly sliced.

METHOD.—Mix all the ingredients together in a glass jug, and serve in small glasses.

DAMSON WINE.

INGREDIENTS.—To each gallon of damsons add 1 gallon of boiling water; to each gallon of liquor obtained from these add 4lb. of loaf sugar, and ½ pint of French brandy.

METHOD.—Remove the stalks, put the fruit into an earthenware bowl, pour in the boiling water, and cover with a cloth. Stir the liquid 3 or 4 times daily for 4 days, then add the sugar and brandy, and, when the former is dissolved, turn the whole into a clean, dry cask. Cover the bunghole with a cloth, folded into several thicknesses, until fermentation ceases, then bung tightly, and allow the cask to remain undisturbed for 12 months in a moderately warm place. At the end of this time it should be racked off into bottles. The wine may be used at once but if well corked and stored in a dry place it may be kept for years.

GINGER BEER.

INGREDIENTS.—5 quarts of boiling water, 1½ lb. of sugar, 1 oz. of whole ginger bruised, 2 lemons, ¼ oz. of cream of tartar, 1 good tablespoonful of brewers' yeast.

METHOD.—Remove the rinds of the lemons as thinly as possible, strip off every particle of white pith, cut the lemons into thin slices, removing the pips. Put the sliced lemon into an earthenware bowl with the sugar, ginger, and cream of tartar, and pour in the boiling water. Allow it to stand until milk-warm, then stir in the yeast and let the bowl remain in a moderately warm place for 24 hours. Skin the yeast off the top, strain the ginger-beer carefully from the sediment, bottle, tie the corks down securely, and in 2 days it will be ready for use.

GINGER WINE.

INGREDIENTS.—3 gallons of cold water, 9 lb. of loaf sugar, ½ lb. of whole ginger bruised, ½ lb. of raisins, the strained juice and finely-pared rinds of 4 lemons, a good tablespoonful of brewers' yeast.

METHOD.—Stone and halve the raisins, put them into a large preserving pan, or perfectly clean copper, with the water, sugar, and ginger, bruised; boil for 1 hour, skimming frequently. Turn the whole into a large earthenware bowl or wooden tub, allow the liquid to stand until milk-warm, then stir in the yeast. On the following day put the preparation into a clean, dry cask, add the lemon-juice, and bung lightly. Stir the wine every day for a fortnight, then tighten the bung. Let the wine remain undisturbed for 3 or 4 months, when it may be bottled for use.

GOOSEBERRY WINE.

INGREDIENTS. — Firm green gooseberries. To each lb. of fruit allow 2 pints of cold water. To each gallon of juice obtained from the fruit allow 3 lb. of loaf sugar, ½ pint of good gin, 4 oz. of isinglass.

METHOD.—Top and tail the gooseberries, bruise them thoroughly pour over them the cold water, and let them stand for about 4 days, stirring frequently. Strain through a jelly-bag or fine hair sieve, dissolve the sugar in the liquid, add the gin and isinglass dissolved in a little warm water, and pour the whole into a cask. Bung loosely until fermentation has ceased, then tighten the bung, and let the cask remain undisturbed for at least 6 months. At the end of this time the wine may be bottled, but it will not be ready for use for at least 12 months.

LEMON FLIP.

INGREDIENTS.—¼ pint of lemon-juice, the rind of 2 lemons, 5 or 6 oz. of castor sugar, 4 eggs, 1 pint of boiling water, ¼ pint of sherry.

METHOD.—Take the rind off 2 lemons in the thinnest possible strips. Put them into a jug with the sugar, add the boiling water, and let it stand until cold. Now stir in the well-beaten eggs, the strained lemon-juice and the sherry, strain through a fine strainer, and use.

LEMON SYRUP.

INGREDIENTS.—2 lb. of loaf sugar, 2 pints of water, 1 oz. of citric acid, ½ a drachm of essence of lemon.

METHOD.—Boil the sugar and water together for 15 minutes, and put the liquid into a basin, where let it remain till cold. Beat the citric acid to a powder, mix with it the essence of lemon, then add these two ingredients to the syrup, mix well, and bottle for use. Two tablespoonfuls of the syrup are sufficient for a tumbler of cold water, and will be found a very refreshing summer drink.

MEAD.

INGREDIENTS.—3 lb. of honey, 4

quarts of water, ¼ pint of brewers' yeast.

METHOD.—Dissolve the honey in the water, bring it slowly to the boil, and simmer gently until reduced to 3 quarts, skimming when necessary. Then turn it into an earthenware bowl or wooden tub, and when cool stir in the yeast, and let it remain covered for 3 days. At the end of this time strain the liquid into a cask, bung loosely until fermentation subsides, then tighten the bung and allow the cask to remain undisturbed for 12 months before racking the mead into bottles.

RAISIN WINE.

INGREDIENTS.—To each lb. of raisins allow 1 gallon of cold water, 2 lb. of good preserving sugar, 1 tablespoonful of yeast.

METHOD.—Strip the raisins from the stalk, put them into a large boiler or clean copper with the water, simmer gently for about 1 hour, then rub them through a sieve. Dissolve the sugar in the liquid, and add the raisin-pulp and the yeast, let the vessel stand covered for 3 days, then strain the liquid into a cask. Bung loosely until fermentation ceases, then tighten the bung, and allow the cask to stand for at least 12 months before racking the wine off into bottles.

RASPBERRY WINE.

INGREDIENTS.—6 quarts of ripe raspberries, 6 quarts of water, loaf sugar.

METHOD.—Put the raspberries into an earthenware or wooden vessel bruise them well with a heavy wooden spoon, and pour over them the cold water. Let them stand until the following day, stirring them frequently, then strain the liquid through a jelly-bag or fine hair sieve, and drain the fruit thoroughly, but avoid squeezing it. Measure the liquid; to each quart add 1 lb. of sugar; stir occasionally until dissolved, then turn the whole into a cask. Bung loosely for several days, until fermentation ceases, then tighten the bung, let it remain thus for 3 months, and bottle for use.

RHUBARB WINE.

INGREDIENTS.—25 lb. of rhubarb, 5 gallons of cold water; to each gallon of liquid thus obtained add 3 lb. of either loaf or good preserving sugar, and the juice and very thinly-pared rind of 1 lemon. To the whole add 1 oz. of isinglass.

METHOD.—Wipe the rhubarb with a damp cloth, and cut it into short lengths, leaving on the peel. Put it into an earthenware or wooden vessel, crush it thoroughly with a wooden mallet or heavy potato masher, and pour over it the water. Let it remain covered for 10 days, stirring it daily; then strain the liquor into another vessel, add the sugar, lemon-juice, and rind and stir occasionally until the sugar is dissolved. Now put it into a cask, and add the isinglass previously dissolved in a little warm water; cover the bung-hole with a folded cloth for 10 days, then bung securely, and allow it to remain undisturbed for 12 months. At the end of this time rack off into bottles, and use.

SUMMER AND WINTER DRINKS

APPLE WATER.

INGREDIENTS.—6 fresh or preserved apples, 1 oz. of castor sugar, 1 quart of boiling water.

METHOD.—If fresh apples are used, peel and core them first. Place the apples in a jug, with a teacupful of the juice and the sugar, add the boiling water, and cover closely. Serve cold.

LEMONADE.

INGREDIENTS.—½ pint of cold water, the juice of 1 lemon, ¼ of a teaspoonful of carbonate of soda, castor sugar to taste.

METHOD.—Strain the lemon-juice into the water, sweeten to taste, then stir in the carbonate of soda and drink while the mixture is in an effervescing state.

MULLED ALE.

INGREDIENTS.—1 quart of good ale, 1 glass of rum or brandy, 1 tablespoonful of castor sugar, a pinch of ground cloves, a pinch of grated nutmeg, a good pinch of ground ginger.

METHOD.—Put the ale, sugar, cloves, nutmeg, and ginger into an ale warmer or stewpan, and bring nearly to boiling point. Add the brandy and more sugar and flavouring if necessary, and serve at once.

MULLED CLARET.

INGREDIENTS.—1 pint of claret, ½ pint of boiling water, sugar, nutmeg and cinnamon to taste.

METHOD.—Heat the claret nearly to boiling point, add the boiling water, sugar, nutmeg, and cinnamon to taste, and serve hot. Any kind of wine may be mulled, but port and claret are those usually selected for the purpose.

ORANGEADE.

INGREDIENTS.—The juice of 15 oranges, the rind of 3 oranges, 2 quarts of water, ¾ lb. of loaf sugar, crushed ice.

METHOD.—Remove the peel of 3 oranges as thinly as possible, add it and the sugar to 1 pint of water, then simmer gently for 20 minutes. Strain the orange-juice into a glass jug, and add the remaining 3 pints water. As soon as the syrup is quite cold strain it into a jug, add a handful of crushed ice, and serve.

PUNCH.

INGREDIENTS.—1 quart of very old ale, 1 pint of boiling water, ¼ pint of rum, ¼ pint of whisky, ¼ pint of gin, 1 lemon, thinly sliced, sugar to taste, a pinch of ground cinnamon, a pinch of ground cloves, a pinch of grated nutmeg.

METHOD.—Put all these ingredients into a large stewpan, and bring nearly to boiling point. Strain into a punch bowl, add a few fresh thin slices of lemon, and serve.

PUNCH, COLD.

INGREDIENTS.—1 bottle of rum, 2 small glasses of Curaçoa, 1 bottle of white wine, ½ lb. of powdered sugar, 1 large lemon, ½ pint of water, ice.

METHOD.—Put the sugar and lemon-rind into a bowl with the water; when dissolved add the spirits, the wine, and the juice of the lemon. Break some ice into the bowl before serving.

SHANDY GAFF.

INGREDIENTS.—Equal quantities of good ale and ginger beer, with a dash of liqueur, if liked, ice.

METHOD.—Empty the bottles into a jug in which some lumps of ice have been broken, add the liqueur and serve when quite cold.

TEA, COFFEE, ETC.

CHOCOLATE, TO MAKE.

To ½ oz. of plain chocolate allow ½ pint of water and ½ pint of milk. Make the milk and water hot, break the chocolate into small pieces, add it and stir until quite dissolved. Bring to boiling point, then strain, and serve with sugar.

COCOA, TO PREPARE.

To 1½ teaspoonfuls of prepared cocoa, allow ¼ pint of milk, ¼ pint of water. Mix the cocoa smoothly with a little boiling water, add the remainder of the water and the hot milk, stirring well meanwhile. Rock cocoa should be broken into small pieces, and simmered gently for a few minutes in the milk and water.

COFFEE, BLACK.

To each ½ pint of water allow 1 heaped tablespoonful of coffee. Prepare in the ordinary way, and strain free from grounds. Black coffee is generally taken without sugar.

COFFEE, TO MAKE.

Allow 1 good tablespoonful of freshly-ground coffee to each ½ pint of water. Place the coffee in the coffee chamber of a cafétiere, and pour the boiling water through the distributor on to the coffee. When the boiling water has percolated through the fine strainer with which the coffee-pot is provided, and has been allowed to stand for a few minutes, it will be found to be quite clear and ready to serve. Coffee may be allowed to just come to the boil, but boiling it, even for a short time, quite destroys its flavour and aroma. Coffee may also be made quite satisfactorily in an earthenware jug. It should be *well stirred* before being allowed to settle.

COFFEE WITH MILK.

This beverage is merely strong black coffee to which hot milk is added, generally in the proportion of 2 or 3 parts milk to 1 part coffee.

TEA, TO MAKE.

In order to make good tea, it is necessary that the water should be quite boiling, but it must on no account be water that has boiled for some time, or been previously boiled, cooled and then re-boiled. Make the tea the moment the water reaches boiling point. Soft water makes the best tea, and often the qualities of local water affect the brew. It is important that the water used should suit the tea. As it is usually impossible to change one's water supply, it is advisable to buy tea to suit the water obtainable in the district. This is a matter in which the local grocer can be of much assistance. If he is accustomed to handling and understanding the various qualities of Indian tea, he will be able without much difficulty to recommend one which will suit the water of his own district.

Tea is better made in an earthen than a metal pot. The teapot should be washed out with the boiling water, then the tea should be put in. One good teaspoonful of tea will be found sufficient for two small cups if made with boiling water, and allowed to stand for three or four minutes; ordinary tea should not be allowed to stand longer than this. Some teas contain more tannin than others, but that may be overcome and the delicate flavour preserved by pouring the tea, after it has stood three or four minutes, into a clean teapot which has been previously heated.

PRESERVES

JAMS

APPLE JAM.

INGREDIENTS.—4 lb. of sour cooking apples, 3 lb. of preserving sugar, the finely-grated rind and juice of 2 lemons, 1 saltspoonful of ground cinnamon, ¼ pint of cold water.

METHOD.—Pare, core, and cut the apples into thick slices. Place them in a preserving-pan, add the sugar, lemon-rind and juice, cinnamon, and water, and cook gently until reduced to a pulp. During the first part of the process stir occasionally, but towards the end when the greater part of the moisture has evaporated, stir more frequently to prevent the preparation sticking to the bottom of the pan. Pour into jars at once, cover closely and store in a cool, dry place.

TIME.—From 40 to 50 minutes. AVERAGE COST, 1*s.* 8*d.*

APPLE MARMALADE.

INGREDIENTS.—2 lb. of apples, 4 oz. of sugar, 1 oz. of butter.

METHOD.—Peel, core, and quarter the apples, place them in a jar with the sugar and butter, and stand the jar in a saucepan containing boiling water, or, when more convenient, in a cool oven. Cook until soft, pass through a fine sieve, and use for filling turnovers or other kinds of pastry.

TIME.—1½ hours. AVERAGE COST, 2*d.* to 3*d.* per lb. SEASONABLE at any time.

APRICOT JAM OR MARMALADE.

INGREDIENTS.—Equal weight of firm, ripe apricots, and fine preserving sugar.

METHOD.—Skin the apricots carefully, break them in halves and remove the stones. Weigh the fruit, and allow an equal amount of sugar. Pile the apricots on a large dish, sprinkle each layer with sugar, let them stand for 12 hours, and meanwhile remove the kernels from the stones and blanch them. When ready, place the fruit, sugar, and kernels in a preserving-pan, simmer very gently, skimming meanwhile, and as the pieces of apricot become clear remove them from the syrup and place them at once in the pots. Pour on the syrup and kernels, cover with pieces of paper dipped in salad-oil, and stretch over the tops of the jars tissue paper, brushed over with white of egg. When dry, the cover will be perfectly hard and air-tight.

TIME.—12 hours, sprinkled with sugar. COST, 10*d.* to 1*s.* per lb.

BLACKBERRY JAM.

INGREDIENTS.—Blackberries, half their weight in sugar.

METHOD.—Boil the blackberries and sugar together for 40 minutes. Cover closely, and keep in a dry, cool place. The jam will be less insipid if a little lemon-juice is added.

TIME.—40 minutes. AVERAGE COST, blackberries, 3*d.* to 5*d.* per lb.

BLACK CURRANT JAM.

INGREDIENTS.—To each lb. of fruit allow ¾ of a lb. of sugar.

METHOD.—Put the fruit and sugar into a preserving-pan, let it stand by the side of the fire until some of the juice is drawn out of the fruit and the sugar is dissolved, then bring to boiling point, stirring occasionally meanwhile. Boil gently for about 40 minutes, test a little on a plate; if it stiffens pour at once into jars, and cover closely. This jam, if made of sound, dry fruit, and stored in a cool, dry place will keep for a great length of time.

TIME.—1 hour. COST, 5*d.* per lb.

CARROT JAM.

INGREDIENTS.—Young carrots. To each lb. of the prepared pulp allow 1 lb. of preserving sugar, the strained juice of 2 lemons, and the finely-grated rind of 1 lemon, 6 finely-chopped bitter almonds, 2 tablespoonfuls of brandy.

METHOD.—Wash and scrape the carrots, cut each one into 3 or 4 pieces, place them in a preserving-pan with barely sufficient water to cover them, and simmer gently till tender. Drain well, pass through a fine sieve, weigh the pulp, and replace it in the preserving-pan with an equal weight of sugar. Bring slowly to boiling point, boil for 5 minutes, stirring and skimming frequently. When cool, add the almonds, brandy, lemon-juice and rind, turn into small pots, cover closely, and store in a cool, dry place. If the brandy be omitted the jam will not keep.

TIME.—From 50 to 60 minutes. AVERAGE COST, about 5*d.* per lb.

DAMSON CHEESE.

INGREDIENTS. — Damsons, preserving sugar.

METHOD.—Remove the stalks and put the fruit into a large jar or stewpot. Cover closely and cook in a very slow oven until perfectly soft, then rub though a fine sieve. Measure the pulp, and put it into a preserving-pan with the addition of 12 or 16 oz. of sugar to each pint of pulp, according to individual taste. Boil until the greater part of the syrup has evaporated and the pulp has become rather stiff, stirring frequently at first and almost continuously towards the end of the process. Turn into small jars, cover closely, and store. If liked, the stones may be cracked and the kernels added to the purée with the sugar.

TIME.—From 6 to 7 hours. AVERAGE COST, 8*d.* per lb.

DAMSON JAM.

INGREDIENTS.—To each lb. of fruit allow from ¾ lb. to 1 lb. of preserving sugar, according to taste.

METHOD.—Remove the stalks, put the fruit and sugar into a preserving-pan, let it stand by the side of the fire until some of the juice is extracted, then bring slowly to boiling point, occasionally stirring meanwhile. Boil gently for about 45 minutes, or until the syrup, when tested on a cold plate, stiffens readily. Pour into pots; cover with paper brushed over with white of egg.

TIME.—About 1½ hours. AVERAGE COST, 4*d.* to 5*d.* per lb.

DAMSONS, BOTTLED.

INGREDIENTS.—Damsons, sugar.

METHOD.—Remove the stalks, but not the stones, place the fruit in wide-necked glass bottles, and tie a piece of bladder securely over the top of each one. Cover the bottom of a large boiling pot with a thin layer of straw, stand the bottles side by side on the top of it, and surround them with cold water. Bring slowly to boiling point, then remove the boiling-pot from the fire, but let the bottles remain in it until the contents are perfectly cold. Before storing them remove the bladder, fill the mouths of the bottles with sugar, and cork with

tight-fitting corks. Cover with melted wax, and store in a cool, dry place.

TIME.—Altogether, about 12 hours. AVERAGE COST, 4*d.* per lb.

FRUIT, FRESH, TO BOTTLE, WITH SUGAR.

Allow 4 oz. of preserving sugar to each quart of fruit, and follow directions in preceding recipe.

GOOSEBERRY AND CURRANT JAM.

INGREDIENTS.—6 lb. of red hairy gooseberries, 4 lb. of preserving sugar, ½ pint of currant juice (*see* Red Currant Jelly).

METHOD.—Head and tail the gooseberries, put them into a preserving-pan, and allow them to stand by the side of the fire until some of the juice is extracted. Bring to boiling point; when the gooseberries have boiled for 10 minutes add the sugar gradually, put in the red-currant juice, and boil until the jam sets when tested on a cold plate. The scum must be removed as it rises, and the jam should be well stirred towards the end of the boiling process. When ready pour into pots, cover closely, and store in a cool, dry place.

TIME.—From 1¾ to 2 hours. AVERAGE COST, 5*d.* to 6*d.* per lb.

GREENGAGE JAM.

INGREDIENTS. — Firm, sound greengages. To each lb. allow ¾ lb. of preserving sugar.

METHOD.—Remove the stalks and stones, crack a few of the latter, and put the kernels aside. Cover the bottom of a preserving-pan to the depth of ½ an inch with cold water, put in the fruit and kernels, bring slowly to boiling point, and boil gently for 15 minutes. Meanwhile, the sugar should have been placed in the oven in a deep tin or dish, and allowed to become thoroughly hot. It may now be added gradually to the fruit, and the boiling must be continued until the jam sets quickly when tested on a cold plate. Pour into pots, cover with paper brushed over with white of egg, and store in a cool, dry place.

TIME.—From 1 to 1½ hours. AVERAGE COST, 8*d.* per lb.

MARMALADE, ORANGE.

INGREDIENTS.—12 Seville oranges, 2 lemons, preserving sugar.

METHOD.—Slice the fruit thinly, removing inner pith and pips. Weigh it, and to each lb. add 3 pints of cold water. Let the whole remain covered in an earthenware vessel for 3 days, then turn the preparation into a preserving-pan and boil gently until quite tender. Let it cool, weigh again, and to each lb. of fruit add 1 lb. of sugar. Bring to boiling point, skim well and cook gently until the syrup stiffens quickly when tested on a cold plate. Turn into pots, cover with paper brushed over on both sides with white of egg, and store in a cool, dry place.

TIME. — Altogether, 4 days. AVERAGE COST, about 2*d.* per lb.

PLUM JAM.

INGREDIENTS.—Plums, sugar.

METHOD.—To each lb. of fruit allow from 12 to 16 oz. of sugar, according to the degree of sweetness required and the amount of acidity contained in the plums. Divide the plums, take out the stones, or if preferred, cut them across, and remove the stones as they rise in the pan. Pile the fruit on a large dish with the sugar spread thickly between each layer, allow them to remain thus until the following day, then put the whole into a preserving-pan, and heat slowly by the side of the fire, stirring occasionally meanwhile. Boil gently until the jam sets quickly when tested on a cold plate, then turn it into pots, cover closely, and keep it in a cool, dry place.

TIME. — Altogether, 26 hours. AVERAGE COST, 3*d.* to 6*d.* per lb.

QUINCE AND APPLE MARMALADE (*See* **Quince Marmalade**).

USE equal parts of quince and apple purée.

QUINCE MARMALADE.

INGREDIENTS.—To each lb. of quince pulp allow ¾ lb. of loaf or preserving sugar.

METHOD.—Pare the fruit, put it into a preserving-pan with as much water as will just cover the bottom of the pan, and stew gently until reduced to a pulp. Pass through a hair sieve, weigh the pulp, replace it in the pan, add the sugar, and cook very gently until the marmalade sets quickly when tested on a cold plate. Turn into pots, cover with paper brushed over on both sides with white of egg, and store.

TIME.—About 4 hours. AVERAGE COST, 10*d.* per lb.

RASPBERRY JAM.

INGREDIENTS.—To every lb. of raspberries allow 1 lb. of sugar, ¼ pint of red-currant juice.

METHOD.—Let the fruit for this preserve be gathered in fine weather and used as soon after it is picked as possible. Take off the stalks, put the raspberries into a preserving-pan, break them well with a wooden spoon, and let them boil for ¼ of an hour, keeping them well stirred. Add the currant-juice and sugar, and boil again for ½ an hour. Skim the jam well after the sugar is added, or the preserve will not be clear. The addition of the currant-juice is a very great improvement to this preserve, as it gives it the piquant taste which the flavour of the raspberries requires.

TIME.—About 1 hour. AVERAGE COST, 7*d.* to 8*d.* per lb.

RED CURRANT JAM.

INGREDIENTS.—Red currants, preserving sugar.

METHOD.—Remove the stalks, put the fruit into a preserving-pan, and to each lb. allow ¾ lb. of preserving sugar. Stir occasionally until the fruit is nearly boiling, and afterwards almost continuously. Boil gently for about 40 minutes, or until a little will set when poured on to a cold plate. Turn into pots, cover closely, and store,

TIME.—About 1 hour. AVERAGE COST, about 6*d.* per lb.

RHUBARB JAM.

INGREDIENTS.—To each lb. of rhubarb, allow 1 lb. of preserving sugar, ½ a teaspoonful of ground ginger, and the finely-grated rind of ½ a lemon.

METHOD. — Remove the outer stringy part of the rhubarb, cut it into short lengths, and weigh it. Put it into a preserving-pan with sugar, ginger, and lemon-rind in the the above proportions, place the pan by the side of the fire, and let the contents come very slowly to boiling point, stirring occasionally meanwhile. Boil until the jam sets quickly when tested on a cold plate. Pour it into pots, cover closely, and store in a cool, dry place.

TIME.—From 1 to 1½ hours, AVERAGE COST, 4*d.* per lb.

STRAWBERRY JAM.

INGREDIENTS.—To each lb. of fruit allow from 12 to 16 oz. of preserving sugar.

METHOD.—Remove the stalks from the fruit, put it into a preserving-pan, covering each layer thickly with sugar. Place the pan by the side of the fire, bring the contents slowly to boiling point, and stir occasionally. Skim well, boil gently until the jam sets when tested on a cold plate, taking care in stirring to keep the fruit as whole as possible. Pour into pots, cover with paper, brushed over on both sides with white of egg, and keep in a cool, dry place.

TIME.—About 1 hour. AVERAGE COST, from 6*d.* to 8*d.* per lb.

PICKLES

BEETROOT PICKLE.

INGREDIENTS.—6 medium-sized beetroots, 1 quart of malt vinegar, ½ oz. of whole black pepper, ½ oz. of allspice, 1 small horseradish grated, salt to taste.

METHOD.—Wash the beetroots well, taking care not to break the skins, and bake them in a moderate oven for 1½ hours. When cool enough to handle, remove the skins, cut the beetroots into ½-inch slices, and place them in jars. Meanwhile, boil the vinegar, horseradish, pepper and spice together, let the mixture become quite cold, then pour it over the beetroot. Cover the jars closely with parchment paper coated on both sides with white of egg, and store until required in a cool, dry place.

TIME.—From 2 to 3 hours. AVERAGE COST, 1*s.* 4*d.*

CABBAGE, PICKLED, RED.

INGREDIENTS.—1 good, firm, red cabbage, 1 quart of vinegar, ½ oz. of whole pepper, ½ oz. of allspice.

METHOD.—Remove the outer leaves of the cabbage, quarter it, remove the centre stalk, and cut each section across into very fine strips. Pile the shredded cabbage on a large dish, sprinkle it liberally with salt, and let it remain thus until the following day. Meanwhile boil the vinegar, pepper, and spice together, the latter being tied together in a piece of muslin, and allow the preparation to become quite cold. Turn the cabbage into an earthenware or enamelled colander, and when well drained put it into a large jar, and pour in the vinegar. It will be fit for use in 3 or 4 days; if kept for any length of time it loses the crispness and colour which are its chief recommendations.

TIME.—Altogether, 2 days. AVERAGE COST, 9*d.* to 10*d.*

ONIONS, PICKLED.

INGREDIENTS.—Pickling onions; to each quart of vinegar add 2 teaspoonfuls of allspice, 2 teaspoonfuls of whole black pepper.

METHOD.—Have the onions gathered when quite dry and ripe, and, with the fingers, take off their thin outside skin; then with a silver knife (steel should not be used, as it spoils the colour of the onions), remove one more skin, when the onions will look quite clear. Have ready some very dry bottles or jars, and as fast as the onions are peeled put them in. Pour over sufficient cold vinegar to cover them, with pepper and allspice in the above proportions, taking care that each jar has its share of the latter ingredients. Tie down with the bladder, and put them in a dry place, and in a fortnight they will be ready for use.

TOMATOES, PICKLED.

INGREDIENTS.—Small firm tomatoes, spiced vinegar, moist sugar.

METHOD.—Prepare the vinegar as directed, and to each quart add 1 dessertspoonful of sugar. Pack the tomatoes loosely in a large jar, cover them with boiling vinegar, and put on a close-fitting lid or plate to keep in the steam. Tie down to completely exclude the air. This pickle will only keep for a short time.

WALNUTS, PICKLED.

INGREDIENTS.—Green walnuts, vinegar. To 3 pints of vinegar allow 1 oz. of salt and ½ oz. of allspice, peppercorns, cloves, and whole ginger.

METHOD.—Wipe the walnuts with a dry cloth, put them into wide-necked bottles or unglazed jars, and cover them with cold vinegar. Cover closely, let them stand in a cool, dry place for 4 months, then drain off the vinegar. Boil as much fresh vinegar as will cover them, with the seasonings as stated above, and pour it, while boiling hot, over the walnuts. Cover closely, and store for 3 weeks in a cool, dry place; the walnuts will then be ready for use.

STORE SAUCES

ANCHOVY KETCHUP.

INGREDIENTS.—1 quart of good ale, ¼ lb. of anchovies, 3 finely-chopped shallots, 1 tablespoonful of mushroom ketchup, ½ a teaspoonful of castor sugar, ½ a teaspoonful of ground ginger, ¼ of a teaspoonful of ground mace, 2 cloves.

METHOD.—Put all these ingredients into a stewpan, simmer very gently for about 1 hour, and strain. When quite cold, pour the ketchup into small bottles, cork them tightly, and store in a cool, dry place.

HARVEY SAUCE.

INGREDIENTS.—1 quart of malt vinegar, ¼ of a pint of Indian soy, ¼ of a pint of mushroom or walnut vinegar, 6 anchovies finely chopped, 1 clove of garlic bruised, ¼ of an oz. of cayenne.

METHOD.—Put all the ingredients into an earthenware jar, cover closely, let the mixture remain for 1 month, stirring it 2 or 3 times daily. When ready, strain in to small bottles, cork, securely, and store or use.

TIME. — 1 month. AVERAGE COST, *1s. 6d.*

HORSERADISH VINEGAR.

INGREDIENTS.—8 oz. of grated horseradish, 1 tablespoonful of finely-chopped shallots, 1 heaped teaspoonful of salt, ½ a teaspoonful of cayenne, 4 pints of good malt vinegar.

METHOD.—Mix the horseradish shallots, salt, and cayenne together boil the vinegar and pour it over them, cover closely, and allow the vessel to stand in a warm but not hot place for 10 days. Strain the vinegar into a stewpan, bring to boiling point, let it cool, then pour into small bottles, cork closely, and store in a cool, dry place.

MUSHROOM KETCHUP.

INGREDIENTS. — 7 lb. of flap mushrooms, ½ lb. of salt. To 1 quart of mushroom liquor add ½ oz. of allspice, ½ oz. of ground ginger, ¼ of a teaspoonful of pounded mace, ¼ of a teaspoonful of cayenne.

METHOD.—Mushrooms intended for this purpose should be gathered on a dry day, otherwise the ketchup will not keep. Trim the tips of the stalks, but do not wash nor peel the mushrooms; simply rub any part not quite clean with a little salt. Place them in a large jar, sprinkling each layer liberally with salt. Let them remain for 3 days, stirring them at least 3 times daily. At the end of that time, cook them very gently either on the stove or in a cool oven until the juice flows freely, then strain the mushrooms through a clean cloth, and drain well, but do not squeeze them.

Replace the liquor in the jar, add allspice, ginger, cayenne, and

mace as stated above, place the jar in a saucepan of boiling water and cook very gently for 3 hours. Strain 2 or 3 times through fine muslin; when quite cold, pour into small bottles, cork securely, and store.

SOY, INDIAN.

This sauce is usually bought ready prepared. It is imported from China and Japan, where it is made from a small bean, the produce of Dolichos Soja. Japanese soy is usually preferred to that of China, because it is free from the sweet treacly flavour which distinguishes the latter. When well made it has a good brown colour, thick consistence, and is clear.

TARRAGON VINEGAR.

INGREDIENTS.—Tarragon, vinegar.

METHOD.—Tarragon leaves intended for this purpose should be gathered on a dry day about the end of July, just before the plant begins to bloom. Remove the stalks, bruise the leaves slightly, put them into a wide-necked bottle, and cover them with vinegar. Cover closely, so as to completely exclude the air, and let the bottle stand in a cool, dry place for 7 or 8 weeks. Now strain the liquid through fine muslin until it is quite clear, put it into small bottles, cork tightly, and store them in a cool, dry place.

TOMATO SAUCE.

INGREDIENTS.—½ a pint of vinegar, 2 lb. of tomatoes, 1 Spanish onion sliced, ½ a lb. of brown sugar, 3 ozs. of allspice, 1 oz. of black pepper-corns, 2 ozs. of salt, ¼ of an oz. of cloves, ¼ of a teaspoonful of cayenne.

METHOD.—Put all the ingredients into a stewjar or saucepan, cover closely, and cook very gently for 2 hours. Pass through a fine hair sieve, let the purée remain until quite cold, then turn into small bottles, cork and seal securely, and store for use.

TIME.—About 2¼ hours. AVERAGE COST, 1*s.* 3*d.*

WALNUT KETCHUP.

INGREDIENTS.—100 green walnuts, 1 quart of good vinegar, 3 oz. of salt, 4 oz. of anchovies, 12 finely-chopped shallots, ½ a stick of finely-grated horseradish, ½ a teaspoonful each of mace, nutmeg, ground ginger, ground cloves, and pepper, 1 pint of port.

METHOD.—The walnuts must be very young and tender. Bruise them slightly, put them into a jar with salt and vinegar, and let them remain for 8 days, stirring them daily. Drain the liquor from them into a stewpan, add to it the rest of the ingredients, simmer very gently for 40 minutes, and when cold strain the preparation into small bottles. Cork them closely, cover with melted wax, and store in a cool, dry place.

WORCESTER SAUCE.

INGREDIENTS.—1 pint of Bordeaux vinegar, 3 tablespoonfuls of walnut ketchup, 3 tablespoonfuls of essence of anchovy, 2 tablespoonfuls of Indian soy, 1 teaspoonful of cayenne, 2 cloves of garlic finely chopped.

METHOD.—Put all the ingredients into a large bottle, cover closely, and shake well every day for a fortnight. At the end of this time it will be ready for use, but it may be stored for a length of time in well-corked bottles.

TIME.—2 weeks. AVERAGE COST, 1*s.* 4*d.*

SAVOURY DISHES

BREAKFAST DISHES

BACON AND MACARONI.

INGREDIENTS.—4 oz. of macaroni, 4 oz. of streaky bacon, ½ pint of stock, 1 oz. of butter, nutmeg, salt and pepper.

METHOD.—Break the macaroni into small pieces, put them into slightly salted boiling water, boil rapidly for 5 minutes, then drain well. Have the stock boiling in a stewpan, put in the macaroni and stew until tender, but not too soft. Cut the bacon into small dice, fry slightly in a sauté-pan, then add the well-drained macaroni, butter, a good pinch of nutmeg, and salt and pepper to taste. Stir gently over the fire until the macaroni acquires a nice brown colour, then turn on to a hot dish, and serve.

TIME.—About 40 minutes. AVERAGE COST, 6*d*. SUFFICIENT for 2 or 3 persons.

BEEF, MINCED, AND POACHED EGGS.

INGREDIENTS.—½ lb. of underdone roast beef, 2 eggs, ¼ pint of gravy, ½ oz. of butter, ½ oz. of flour, 1 finely-chopped small onion, ½ a teaspoonful of mushroom ketchup, Worcester sauce or vinegar, toasted bread, salt and pepper.

METHOD.—Cut the meat into small dice, melt the butter in a stewpan, fry the onion until lightly browned, sprinkle in the flour and brown slightly, then add the stock and boil for 2 or 3 minutes. Now put in the meat, ketchup, sauce, or vinegar, season with salt and pepper, and let the pan stand where the contents will be kept hot without boiling for 10 or 15 minutes. Meanwhile, poach the eggs and trim them to a round form; cut the toast into small triangular shapes. When ready to serve, turn the mince on to a hot dish, place the eggs on the top, and surround the base with the pieces of toast. Serve hot.

TIME.—20 minutes. AVERAGE COST, 8*d*. SUFFICIENT for 2 persons. SEASONABLE at any time.

BLOATER FRITTERS.

INGREDIENTS.—2 bloaters, 1 oz. of grated cheese, frying-batter, frying-fat, Krona pepper.

METHOD.—Split the bloaters, remove the heads, skin, bones, and divide each half into 3 or 4 pieces, according to size. Make the batter as directed, stir in the cheese, dip in the pieces of fish, coating them carefully, and fry in hot fat until nicely browned. Drain well, sprinkle with Krona pepper, and serve as hot as possible.

TIME.—½ an hour. AVERAGE COST, 7*d*. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

BRAIN FRITTERS.

INGREDIENTS.—Calf's or pig's brains, 1 tablespoonful of salad-oil

or liquid butter, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-chopped shallot or onion, vinegar, frying-fat, frying-batter, fried parsley.

METHOD.—Wash the brains in salt and water, then put them into a saucepan, with cold water to cover, a dessertspoonful of vinegar, a little salt, and boil for 5 minutes. Let them remain in cold water until cold, then drain well, cut into neat pieces, and sprinkle over them the oil, parsley, shallot, a teaspoonful of vinegar, and a little salt and pepper. Keep them in this marinade for ½ an hour, turning them 2 or 3 times. Have the batter ready, coat each piece carefully, and fry in hot fat until nicely browned. Drain well, and serve in a folded serviette, garnished with fried parsley. If preferred, tomato or piquante sauce may accompany this dish.

TIME.—To fry the fritters, from 7 to 10 minutes. AVERAGE COST, 9*d*. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

Note.—*See* other methods of cooking brains.

CHICKEN, DEVILLED.

INGREDIENTS.—For the devilled butter: 1½ oz. of butter, 1 teaspoonful of chutney, ½ a teaspoonful of anchovy essence or paste, ½ a teaspoonful of lemon-juice, a good pinch of cayenne, the remains of a cold roast or boiled chicken, butter or frying-fat, fried parsley.

METHOD.—Knead the ingredients for devilled butter together on a plate, and rub them through a fine sieve. Cut the chicken into neat joints, remove all skin, and as much bone as possible, fry them in hot butter or fat until well browned, then sprinkle with salt. Spread each piece thickly with the prepared butter, garnish with crisply-fried parsley, and serve.

TIME.—15 to 20 minutes. AVERAGE COST, 4*d*., exclusive of the chicken. SEASONABLE at any time.

COLD MEAT KEDGEREE.

INGREDIENTS.—6 oz. of coarsely-chopped cooked meat, 4 oz. of cooked rice, 2 hard-boiled eggs, 1 oz. of butter, 1 finely-chopped shallot or small onion, ½ a teaspoonful of finely-chopped parsley, nutmeg, salt and pepper.

METHOD.—Prepare the rice as for curry, chop the whites of the eggs coarsely, rub the yolks through a wire sieve and keep them warm. Melt the butter in a stewpan, slightly fry the shallot or onion, add the meat and cook for 2 or 3 minutes, then put in the rice, the whites of eggs, a good pinch of nutmeg, and season well with salt and pepper. Stir over the fire until thoroughly hot, then arrange in a pyramidal form on a hot dish, garnish with the yolks of eggs and parsley, and serve.

TIME.—½ an hour. AVERAGE COST, 1*s*. 2*d*. SUFFICIENT for 4 or 5 people. SUFFICIENT for a dish. SEASONABLE at any time.

CROQUETTES OF HAM AND RICE.

INGREDIENTS.—½ lb. of finely-chopped cooked ham, ¼ lb. of cooked rice, 1 oz. of butter, 3 tablespoonfuls of white sauce, 1 finely-chopped shallot, powdered sage, fried parsley, salt and pepper, 1 yolk of egg, 1 whole egg, breadcrumbs, frying-fat.

METHOD.—Dry the rice well after cooking it, and chop it finely. Fry the shallot in the butter until lightly brown, then add the ham, rice, and a good pinch of sage, season with salt and pepper, and stir over the fire until hot. Now put in the white sauce and the yolk of egg mixed together, stir until the preparation thickens, then spread it on a plate. When cool, shape into balls or corks, coat with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain well, and serve garnished with fried parsley.

TIME.—From 2 to 3 hours.

EGG CROQUETTES.

INGREDIENTS.—4 hard-boiled eggs, 6 coarsely-chopped preserved mushrooms, 1 oz. of butter, ½ oz. of flour, ½ gill of milk, 1 raw egg, breadcrumbs, nutmeg, salt and pepper, frying-fat, fried parsley.

METHOD.—Chop the eggs finely or rub them through a wire sieve. Fry the mushrooms lightly in the hot butter, stir in the flour, add the milk, and boil well. Now put in the eggs, season to taste, add a pinch of nutmeg, mix well over the fire, then spread on a plate to cool. When ready to use shape into balls or corks, coat carefully with egg, cover with bread crumbs, and fry in hot fat until golden-brown. Drain well, and serve garnished with fried parsley.

TIME.—From 2 to 3 hours. AVERAGE COST, 1*s*. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

EGGS, CURRIED.

INGREDIENTS.—4 hard-boiled eggs, ½ pint of stock or milk, 1 oz. of butter, 1 teaspoonful of curry-powder, 1 teaspoonful of flour, 1 finely-chopped small onion, lemon-juice, salt, 4 oz. of cooked rice.

METHOD.—Prepare the rice (*see* Rice, Curried), shell the eggs and cut them in quarters. Fry the onion slightly in the hot butter, sprinkle in the flour and curry-powder, and cook slowly for 5 or 6 minutes. Add the stock or milk, season with salt and lemon-juice, and simmer gently for ¼ an hour. Then put in the eggs, and let them remain until thoroughly heated, and serve. The rice may be arranged as a border, or served separately.

TIME.—1 hour. AVERAGE COST, *d*. to 1*s*. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

EGGS, FRICASSÉE OF.

INGREDIENTS.—4 hard-boiled eggs, ½ pint of white sauce, fried or toasted croûtons of bread, finely-chopped parsley, salt and pepper.

METHOD.—Boil the eggs hard, cut them into rather thick slices, and reserve the yolk of 1 for garnishing. Prepare the sauce as directed, season to taste, put in the sliced eggs, and let them become thoroughly hot. Arrange neatly on a hot dish, sprinkle with parsley, and yolk of egg previously passed through a fine sieve, garnish with croûtons, then serve.

TIME.—½ an hour. AVERAGE COST, 10*d*. to 1*s*. SUFFICIENT for 2 or 3 persons.

EGGS, POACHED, WITH HAM.

INGREDIENTS.—4 eggs, 3 oz. of finely-chopped cooked ham, 4 rounds of buttered toast, the size of the eggs when cooked, 4 small teaspoonfuls of cream or milk, butter, 1 teaspoonful of finely-chopped parsley, cayenne, salt and pepper.

METHOD.—Add the parsley and a little pepper to the ham. Coat 4 small deep patty-pans thickly with butter, over which sprinkle the ham preparation, then add an egg, breaking them carefully so as to keep the yolks whole. Season with salt, pepper, and cayenne, add a teaspoonful of cream, and place on the top a morsel of butter. Put the tins in the oven in a sauté-pan, surround them to half their depth with boiling water, and poach until the white is firm. When ready, turn the eggs carefully out of the tins on to the toast, and serve.

TIME.—15 minutes. AVERAGE COST, 1*s*. 2*d*. to 1*s*. 4*d*. SUFFICIENT for 4 persons. SEASONABLE at any time.

EGGS, SCOTCH.

INGREDIENTS.—3 hard-boiled eggs, ½ lb. of sausages, 1 raw egg, breadcrumbs, frying-fat, fried parsley, 6 croûtes of fried bread.

METHOD.—Skin the sausages, mix them together and divide into

3 equal parts. Shell the eggs, enclose them in the sausage meat, coat with egg and breadcrumbs, and fry in hot fat, which should be sufficiently deep to cover them. Drain well, cut them in halves, dish them on the croûtes, and serve garnished with parsley. Tomato sauce frequently accompanies this dish.

TIME.—½ an hour. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

EGGS, SCRAMBLED.

INGREDIENTS.—4 eggs, 2 slices of buttered toast, 1 oz. of butter, 2 tablespoonfuls of cream or milk, salt and pepper, chopped parsley.

METHOD.—If liked, round, oval, or triangular croûtes of toasted bread may be used, but for ordinary purposes each slice of toast may be trimmed and cut into quarters. Beat the eggs slightly, season them with salt and pepper, add the cream or milk, and pour the mixture into a stewpan, in which the butter should have been previously melted. Stir over the fire until the eggs begin to set, then pile on the toast, sprinkle with parsley and serve.

TIME.—10 minutes. AVERAGE COST, 10*d.* to 1*s.* 1*d.* SUFFICIENT for 4 persons. SEASONABLE at any time.

EGGS, SCRAMBLED, WITH MUSHROOMS.

INGREDIENTS.—4 eggs, 6 button mushrooms (preferably fresh ones), 1 oz. of butter, 2 tablespoonfuls of cream or milk, 2 slices of buttered toast, salt and pepper.

METHOD.—Prepare the mushrooms, cut them into small dice and fry lightly in the butter. Meanwhile, trim the toast and divide each slice into 4 squares. Beat the eggs slightly, season them with salt and pepper, add the cream, and pour the mixture into the stewpan. Stir over the fire until the eggs begin to set, then pile the preparation on the toast, and serve as hot as possible.

TIME.—10 minutes. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 4 persons. SEASONABLE at any time.

EGGS WITH HAM.

INGREDIENTS.—6 eggs, 2 tablespoonfuls of finely-chopped cooked ham, 1 tablespoonful of browned breadcrumbs, 2 tablespoonfuls of white or brown sauce or gravy, ½ oz. of butter, salt, and pepper.

METHOD.—Butter 6 china soufflé cases. Season the ham with pepper, moisten with the sauce or gravy, add a few drops of mushroom ketchup or any cruet sauce, and put the preparation into the cases. Now add the eggs, taking care to keep the yolks whole, and sprinkle on a little salt and pepper. Cover with a thin layer of breadcrumbs, place small pieces of butter on the top, bake in a moderate oven until the eggs are set, and serve them in the cases.

TIME.—From 15 to 20 minutes. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 6 persons. SEASONABLE at any time.

FISH PIE.

(*See* **Fish Pie and Fish Pudding in chapter on Fish**).

FRITTERS, SAVOURY.

INGREDIENTS.—Cold meat of any description, mashed potato, salt and pepper, frying-batter, frying-fat.

METHOD.—This dish admits of many variations; thin slices of veal and ham put together, underdone beef seasoned with ketchup or Worcester sauce, or mutton with slices of tomato, are generally liked. Whatever meat is used, it must be cut into rounds from 1½ to 1¾ inches in diameter. Season the potato liberally with salt and pepper, and stir it over the fire, adding a little milk gradually until it becomes sufficiently moist to be easily spread. Cover both sides of the prepared rounds with potato, smoothing it

with a hot wet knife. Dip the rounds in batter (or coat them with egg and breadcrumbs if preferred), and fry them in hot fat. If available, use a deep pan of fat for the purpose; if not, by having a fairly deep layer of fat, and exercising a little care, the fritters may be nicely cooked in a frying-pan.

TIME.—½ an hour. AVERAGE COST, 6*d.* to 8*d.* ALLOW 2 or 3 for each person. SEASONABLE at any time.

GAME, DEVILLED
(*See* **Chicken, Devilled**).

HAM RAMAKINS.

INGREDIENTS.—5 oz. of finely-chopped lean cooked ham, 4 eggs, 1 tablespoonful of cream or milk, ½ a teaspoonful of powdered mixed herbs, made mustard, Krona pepper, salt and pepper.

METHOD.—Beat 2 whole eggs and 2 yolks of eggs slightly, add the ham, cream, herbs, a small ½ mustardspoonful of mustard, salt and pepper to taste, and mix well together. Have ready 8 well-buttered china ramakin cases, fill them rather more than three-quarters full with the mixture, and bake until set. Meanwhile, beat the remaining 2 whites of eggs to a stiff froth, season with a little salt, and pile roughly above the level of the cases. Sprinkle with Krona pepper, replace in the oven, and bake until the white of egg is crisp and lightly browned. Serve hot.

TIME.—½ an hour. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

KIDNEY TOAST.

INGREDIENTS.—2 sheep's kidneys or ½ lb. of bullock's kidney, 1 oz. of butter, ½ a teaspoonful of lemon-juice, cayenne, pepper, salt, 2 slices of hot buttered toast.

METHOD.—Stew the kidneys in a little stock or water until tender, remove the skin and gristle, and pound them in a mortar until quite smooth. Add the butter, lemon-juice, a good pinch of cayenne, and salt and pepper to taste, and pass the mixture through a wire sieve. Spread lightly on the prepared toast, make thoroughly hot in the oven, then serve.

TIME.—From 1½ to 2 hours. AVERAGE COST, 9*d.* to 11*d.* SUFFICIENT for 3 or 4 persons.

KIDNEYS AND OYSTERS.

INGREDIENTS.—Grilled kidneys, oysters, salt, and pepper, croûtes.

METHOD.—Blanch the oysters in their own liquor, taking care that they are not overcooked. Place 2 or 3 on the top of each half of grilled kidney, season lightly with salt and pepper, and serve on the croûtes.

TIME.—To blanch the oysters, 1 minute. AVERAGE COST, kidneys, 3*d.* to 4*d.* each; oysters. 1*s.* 6*d.* to 2*s.* 6*d.* per dozen. ALLOW 1 kidney and 4 or 6 oysters to each person. SEASONABLE from September to April.

MACKEREL, GRILLED.

INGREDIENTS.—1 mackerel. For the marinade (or pickle): 1½ tablespoonfuls of salad-oil or oiled butter, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallot or onion, salt and pepper.

METHOD.—Wipe or wash, clean, and dry the fish thoroughly. Score the back with a sharp knife, pour the marinade over, and let it remain for 1 hour, turning it 2 or 3 times. Drain well, and grill over a clear fire from 12 to 15 minutes, according to size. Or, if more convenient, cover it lightly with brown breadcrumbs, add a few small bits of butter, and bake in a moderate oven for about 20 minutes. Serve with parsley, Hollandaise, or other suitable sauce.

TIME.—From 12 to 20 minutes. AVERAGE COST, 6*d.* to 1*s.*, according to size. SUFFICIENT, 1 small mackerel for 2 persons. SEASONABLE from February to October.

MUTTON AND TOMATOES.

INGREDIENTS.—½ lb. of mutton, 3 tomatoes, 2 or 3 tablespoonfuls of brown breadcrumbs, ¼ pint of gravy, butter, salt and pepper.

METHOD.—Cut the meat into thin slices; also slice the tomatoes. Butter a baking dish, put a layer of tomatoes at the bottom, cover lightly with breadcrumbs, sprinkle with salt and pepper, and place slices of meat on the top. Repeat until all is used, so contriving that the tomato forms the last layer, and pour in the gravy. Sprinkle the surface thickly with brown breadcrumbs, place a few bits of butter on the top, bake in a moderate oven for about ½ an hour, and serve.

TIME.—About ½ an hour. AVERAGE COST, 9*d*. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

OMELET, SAVOURY.

INGREDIENTS.—4 eggs, 1 tablespoonful of cream or milk, ½ a teaspoonful of finely chopped parsley, ½ of a teaspoonful of finely-chopped shallot or onion, a pinch of mixed herbs, salt and pepper, 1½ oz. of butter.

METHOD.—Beat the eggs until light, add the cream or milk, parsley, shallot, and herbs, and season with salt and pepper. Melt the butter in an omelet pan, pour in the mixture, stir with a fork until the eggs are on the point of setting; then, with a spoon, draw it quickly towards the handle of the pan in the shape of a crescent. Turn over on to a hot dish, and serve as quickly as possible.

TIME.—5 minutes. AVERAGE COST, 8*d*. to 10*d*. SUFFICIENT for 2 persons. SEASONABLE at any time.

SAVOURIES AND HORS D'ŒUVRES

ANCHOVY EGGS.

INGREDIENTS.—4 anchovies, 4 hard-boiled eggs, 2 tablespoonfuls of white sauce, 1 teaspoonful of essence of anchovy, watercress, cayenne.

METHOD.—Cut the eggs across in halves, remove the yolks carefully, and cut off the extreme end of each half to enable them to stand firm. Wash, bone, and dry the anchovies, chop them coarsely, and pound them with the yolks of eggs till smooth. Add the anchovy essence, and the white sauce gradually until a moist paste is formed; then season to taste, and rub through a hair sieve. Fill the white of egg cases with the preparation, garnish with watercress seasoned with oil and vinegar, and serve.

TIME.—½ an hour. AVERAGE COST, 1*s*. 3*d*. SUFFICIENT for 8 persons. SEASONABLE at any time.

ANCHOVY TOAST.

INGREDIENTS.—6 anchovies, ½ oz. of butter, 1 yolk of egg, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, toast, butter, cayenne pepper.

METHOD.—Wash and bone the anchovies, and chop them coarsely. Heat the butter in a small stewpan, fry the shallot until lightly browned, then add the anchovies, parsley, and yolk of egg, and season with cayenne. Stir by the side of the fire until the mixture thickens, then pour it on the toast, previously well buttered, and serve as hot as possible.

TIME.—½ an hour. AVERAGE COST, 10*d*. SUFFICIENT for 6 or 8 persons.

"ANGELS ON HORSEBACK."

INGREDIENTS.—12 oysters, 12

small thin slices of bacon, 12 small round croûtes of fried bread, ½ a teaspoonful of finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, lemon-juice, Krona pepper.

METHOD.—Beard the oysters, trim the bacon, cutting each piece just large enough to roll round an oyster, season with Krona pepper, sprinkle on a little shallot and parsley. Lay an oyster on each, add a few drops of lemon-juice, roll up tightly and secure the bacon in position with a large pin. Fry in a frying-pan or bake in a hot oven just long enough to crisp the bacon (further cooking would harden the oysters), remove the pin, and serve on the croûtes.

TIME.—20 minutes. AVERAGE COST, 1*s.* 9*d.* to 2*s.* 9*d.* SUFFICIENT for 8 or 9 persons. SEASONABLE from September to March.

CHEESE BALLS.

INGREDIENTS.—2 oz. of grated Cheshire or Cheddar cheese, 1 oz. of flour, 1 egg, salt, pepper, cayenne, frying-fat.

METHOD.—Mix the cheese, flour, and yolk of egg together, add salt, pepper, and cayenne to taste, then whip the white of egg to a stiff froth and stir it lightly into the rest of the ingredients. Have ready a deep pan of hot fat, drop in the mixture in teaspoonfuls and fry until nicely browned. Drain well, and dish in a pyramidal form on a folded serviette or dish paper.

PROBABLE COST, 3*d.* or 4*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

CHEESE BISCUITS.

INGREDIENTS.—12 water biscuits, 2 tablespoonfuls of grated Cheshire or Cheddar cheese, butter, white pepper, Krona pepper.

METHOD.—Spread the biscuits with butter, sprinkle them liberally with cheese, season well with white pepper, and, if convenient, add also a little Krona pepper. Place the biscuits in a moderate oven until the cheese melts, then serve them as quickly as possible.

TIME.—10 minutes. AVERAGE COST, 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

CHEESE, METHOD OF SERVING.

There are several methods of serving cheese. In large establishments, where 3 or 4 kinds are in daily use, it is a convenient plan to hand the butter and biscuits in a dual dish, and ask what cheese will be eaten with them. Each piece of cheese, should, of course, be arranged on a folded napkin, raised at the sides to conceal some of the lower portion of the cheese. When only one kind of cheese is in use, and the number to be served is considerable, the easiest and most economical method is to use dishes with three divisions, and fill one of them with small, square pieces of cheese, and the other two respectively with butter and biscuits. In small households, it is more economical to place the cheese on the table in the piece, and cut off from it what is required.

CHEESE OMELET.

INGREDIENTS.—3 eggs, 1 tablespoonful of grated Parmesan cheese, 1 tablespoonful of cream or milk, 1 oz. of clarified butter, pepper and salt.

METHOD.—Whisk the eggs well, then add the cheese, cream, and a little salt and pepper. Have the butter ready, heated and well skimmed, in an omelet-pan, pour in the egg mixture, and stir over the fire until the eggs begin to set. Now fold one half over the other, making it crescent shaped, or fold the sides towards the middle in the form of a cushion. Allow the omelet to brown slightly, then turn it on to a hot dish, and serve immediately.

TIME.—10 minutes. AVERAGE COST, 8*d.* SUFFICIENT for 2 persons. SEASONABLE at any time.

CHEESE SOUFFLÉ.

INGREDIENTS.—3 oz. of grated Parmesan cheese, 1 oz. of butter, 1 oz. of flour, 3 whites of eggs, 2 yolks of eggs, ¼ pint of milk, cayenne, salt, clarified butter.

METHOD.—Coat a soufflé-mould well with clarified butter, and tie round it a well-buttered, thickly folded piece of paper to support the soufflé when it rises above the level of the tin. Melt the butter in a stewpan, stir in the flour, add the milk, and boil well. Now mix in, off the fire, the yolks of 2 eggs, beat well, then stir in the cheese, and add seasoning to taste. Whisk the whites to a stiff froth, add them lightly to the rest of the ingredients, pour the preparation into the soufflé-tin, and bake in a hot oven from 25 to 30 minutes. Serve in the tin in which it is baked, and if not provided with an outer case, pin round it a napkin (previously warmed), and send to table quickly.

TIME.—From 40 to 50 minutes. AVERAGE COST, 1*s.* 2*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

CHEESE STRAWS.

INGREDIENTS.—1 oz. of finely-grated cheese, 1 oz. of butter, 1 oz. of breadcrumbs, 1 oz. of flour, a good pinch of salt, a small pinch of cayenne, water.

METHOD.—Rub the butter into the flour, add the breadcrumbs, cheese, cayenne, and salt, and just sufficient cold water to mix into a stiff paste. Roll the paste out to about ⅛ inch in thickness, cut it into strips about 3 inches long and ¼ inch wide, and place the strips on a greased baking-sheet. Bake in a moderately cool oven until crisp, and serve either hot or cold.

TIME.—¼ of an hour. AVERAGE COST, 4½*d.* SUFFICIENT for 5 persons.

CHEESE, TOASTED.

INGREDIENTS.—6 oz. of Cheshire or Cheddar cheese, 1 oz. of butter, 1 mustardspoonful of dry mustard, cayenne, buttered toast.

METHOD.—Knead the butter, mustard, and a good pinch of cayenne, well together on a plate. Prepare one slice of buttered toast, trim the edges, cover with half the cheese sliced very thinly, and spread on half the butter. Now add the remainder of the slices of cheese, cover with butter as above, and cook in a Dutch oven before the fire until the cheese is melted. Serve as hot as possible.

TIME.—20 minutes. AVERAGE COST, 7*d.* or 8*d.* SUFFICIENT for 2 persons. SEASONABLE at any time.

CHICKENS' LIVERS, DEVILLED.

INGREDIENTS.—4 chickens' livers, 3 croûtes of fried bread, bacon, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, cayenne, pepper and salt.

METHOD.—Wash and dry the livers, cut them in halves, and sprinkle them well with shallot, parsley, cayenne, and pepper; these ingredients should be previously mixed together. Cut some very thin slices of bacon, just large enough to roll round the liver, wrap them round tightly, and fasten them in position by means of large pins. Bake in a moderate oven for 7 or 8 minutes, then remove the pins, dish on the toast, and serve as hot as possible.

TIME.—½ an hour. AVERAGE COST, 9*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

COD'S ROE CROÛTES.

INGREDIENTS.—½ lb. of smoked cod's roe, 8 oval-shaped croûtes of fried bread, 1 oz. of butter, ½ a teaspoonful of finely-chopped chives or shallot, ½ a teaspoonful of finely-chopped parsley, pepper, cayenne.

METHOD.—Soak the roe in water for 1 hour to soften it, then drain and dry it thoroughly. Heat the butter in a sauté or frying-pan, cut the roe into 8 slices, and fry

them lightly on both sides. Sprinkle the croûtes with shallot, parsley, and pepper, lay a slice of roe on each, add a few grains of cayenne, and serve as hot as possible. A more elaborate appearance may be given to the dish by decorating the roes with strips of gherkin and hard-boiled white of egg, or anchovy butter.

TIME.—1¼ hours. AVERAGE COST, 1*s.* to 1*s.* 4*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

Note.—Fresh roe also may be dressed in this manner. It should first be well washed, then covered with boiling water, seasoned with a dessertspoonful of vinegar and ½ a teaspoonful of salt, boiled gently for ten minutes, and when cold cut into slices and cooked as directed above.

CREAM CHEESE.

INGREDIENTS.—3 pints of double cream.

METHOD.—Tie the cream in a clean wet cloth, and hang it in a cool place for 6 or 7 days. At the end of this time put it into a mould previously lined with butter muslin, and place it under slight pressure for 2 or 3 days, turning it 2 or 3 times daily.

EGGS, SCRAMBLED, WITH ANCHOVIES.

INGREDIENTS.—3 eggs, 3 anchovies, ¾ oz. of butter, 1 tablespoonful of cream or milk, ½ a teaspoonful of essence of anchovy, toast, butter, capers, parsley, pepper and salt.

METHOD.—Skin and bone the anchovies, and cut them into fine strips. Cut the toast into pieces 3 inches long and 2 inches wide, and spread them thickly with butter. Beat the eggs slightly, then put them with the butter, cream, and anchovy essence into the stewpan, and season to taste. Stir by the side of the fire until the mixture thickens, put it on the toast, lay the strips of anchovy across, forming a lattice, and place a caper in each division. Re-heat in the oven, then serve garnished with parsley.

TIME.—40 minutes. AVERAGE COST, about 10*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

FOIE GRAS TOAST.

INGREDIENTS.—Foie gras, salt and pepper, croûtes of toasted bread.

METHOD.—Slice the foie gras, and stamp it into rounds, the same size as the croûtes. Warm them between two plates over a saucepan of boiling water, place them on the hot croûtes, season with salt and pepper, then serve.

TIME.—20 minutes. AVERAGE COST, 3*d.* each. Allow 1 to each person. SEASONABLE at any time.

GOLDEN BUCK.

INGREDIENTS.—¼ lb. of Cheshire or Cheddar cheese (preferably the former), 2 or 3 tablespoonfuls of ale, ½ a teaspoonful of Worcester or other cruet sauce, ½ a teaspoonful of lemon-juice, 2 eggs, celery-salt, Krona pepper, toast, butter.

METHOD.—Chop the cheese finely put it into a stewpan with ½ oz. of butter and the ale, and stir vigorously until creamy, then add the Worcester sauce, lemon-juice, and the eggs previously beaten. Season to taste with celery-salt and Krona pepper, and continue stirring briskly until the mixture thickens. Trim the toast, butter well, cut each slice into 4 squares, arrange them compactly on a hot dish, and pour the preparation on to them. Serve as hot as possible.

TIME.—10 minutes. AVERAGE COST, 7*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

HAM CROÛTES.

INGREDIENTS.—6 oz. of finely-chopped cooked ham, ½ oz. of butter 1 tablespoonful of cream, 2 yolks of eggs, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, pepper, 8 round croûtes of fried bread.

METHOD.—Fry the shallot in the butter until slightly browned, then add the ham and stir over the fire

until hot. Now put in the yolks of eggs and cream, season with pepper, stir until the mixture thickens, then dish on the croûtes, and serve sprinkled with parsley.

TIME.—15 minutes. AVERAGE COST, 8*d.*, exclusive of the ham. SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

HERRING ROES, BAKED.

INGREDIENTS.—8 fresh soft roes, 3 tablespoonfuls of thick brown sauce, 1 tablespoonful of lemon-juice, a few drops of anchovy essence, 1½ oz. of butter, 4 coarsely-chopped button mushrooms, 1 very finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, lightly browned breadcrumbs, 8 round or oval china or paper soufflé cases.

METHOD.—Brush the inside of the cases with clarified butter. Heat 1 oz. of butter in a small stewpan, put in the mushrooms, shallot, and parsley, fry lightly, then drain off the butter into a sauté-pan. Add the brown sauce, lemon-juice, and anchovy essence to the mushrooms, etc., season to taste, and when hot pour a small teaspoonful into each paper case. Re-heat the butter in the sauté-pan, toss the roes gently over the fire until lightly browned, then place one in each case, and cover them with the remainder of the sauce. Add a thin layer of breadcrumbs, on the top place 2 or 3 morsels of butter, and bake in a quick oven for 6 or 7 minutes. Serve as hot as possible.

TIME.—20 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

MACARONI CHEESE.

INGREDIENTS.—4 oz. of macaroni, 2 oz. of grated cheese, 1 oz. of butter, ½ oz. of flour, ½ pint of milk, ½ a teaspoonful of made mustard, salt and pepper to taste, brown breadcrumbs.

METHOD.—Break the macaroni into small pieces, put them into slightly-salted rapidly boiling water, boil until tender, and drain well. Melt the butter in a stewpan, stir in the flour, add the milk, and boil well, stirring continuously. Now add the macaroni, cheese, mustard, a liberal seasoning of salt and pepper, and mix all well together. Have ready a well-buttered fireproof dish, turn the mixture into it, sprinkle the surface with brown breadcrumbs and grated cheese, place a few small pieces of butter on the top, and bake in a quick oven until nicely browned. If preferred, the mixture may be cooked in scallop shells or ramakin cases.

TIME.—¾ of an hour. AVERAGE COST, 6*d.* SUFFICIENT for 1 dish.

MARROW TOAST.

INGREDIENTS.—Marrow from 2 beef bones, buttered toast, salt and pepper.

METHOD.—Soak the marrow in tepid water for about 2 hours. About 15 minutes before the dish is wanted cut the marrow into inch lengths, place them in cold water, bring rapidly to boiling point, and drain well. Have some squares of very hot, well-buttered toast, put the marrow on them, breaking it up and spreading it with a fork, and season with salt and pepper. Place the toast before the fire or in a hot oven until the marrow is thoroughly melted, then serve as hot as possible. When savoury marrow is preferred, sprinkle the above with chopped parsley, chives, and lemon-juice, just before serving.

TIME.—2½ hours. AVERAGE COST, 9*d.* to 1*s.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

MUSHROOM AND TOMATO TOAST.

INGREDIENTS.—¼ lb. of fresh mushrooms, 2 or 3 tomatoes, ½ oz. of butter, salt and pepper, 2 rounds of toast, chopped parsley.

METHOD.—Wash, peel, and cut the mushrooms into dice. Heat the butter in a stewpan, add the mushrooms, cook gently for

20 minutes, and season to taste. Meanwhile, squeeze the greater part of the juice from the tomatoes, pass the pulp through a fine sieve, heat it in a stewpan, and season to taste. Place the prepared mushrooms on the toast, spread the tomato purée lightly over the surface, sprinkle with parsley, then serve.

TIME.—About 1 hour. AVERAGE COST, 6*d.* to 7*d.* SUFFICIENT for 2 persons. SEASONABLE at any time.

OYSTERS IN SHELLS

(*See* **Oysters, Scalloped**).

OYSTERS, SCALLOPED.

INGREDIENTS.—12 large or 18 small oysters, 2 or 3 tablespoonfuls of thick white sauce, lemon-juice, white breadcrumbs, butter, pepper and salt.

METHOD.—Blanch the oysters in their own liquor, remove the beards, and cut them in halves. Strain the liquor into the white sauce, boil until sufficiently reduced, then add lemon-juice, salt and pepper to taste. Brush 8 or 9 small scallop shells over with nearly cold clarified butter, and coat with the breadcrumbs. Distribute the oysters equally, add the prepared sauce, cover lightly with breadcrumbs, put 2 or 3 morsels of butter on the top of each, bake in a quick oven until nicely browned, and serve hot.

TIME.—20 minutes. AVERAGE COST, 1*s.* 9*d.* to 2*s.* 9*d.* SUFFICIENT for 7 or 8 persons. SEASONABLE from September to April.

RICE, CURRIED.

INGREDIENTS.—4 oz. of rice, 1½ oz. of butter, 1 tomato, 2 finely-chopped shallots, 1 teaspoonful of curry-powder, 1 tablespoonful of cream, 1 hard-boiled egg, 1 gill of stock, 1 gill of brown sauce, salt and pepper, mace, nutmeg, watercress.

METHOD.—Pick, wash, drain, and dry the rice thoroughly. Fry the shallots slightly in hot butter, sprinkle in the curry-powder, cook for a few minutes, then add the rice and cook and shake well over the fire. Now add the tomatoes skinned and cut into dice, the stock, cream and sauce, season to taste with salt, pepper, mace and nutmeg, and cook gently until the rice is tender, adding more stock or sauce, if necessary, to prevent the rice becoming too dry. When ready pile on a hot dish, garnish with slices of hard-boiled egg and tufts of watercress, and serve.

TIME.—From 1 to 1½ hours. AVERAGE COST, 8*d.* or 9*d.* SUFFICIENT for 1 large dish. SEASONABLE at any time.

ROES ON TOAST

(*See* **Cod's Roe, Croûtes of, Herring Roes**).

SARDINE CANNALONS.

INGREDIENTS.—1 tin of sardines, short crust or rough puff paste, or puff paste trimmings, 1 egg.

METHOD.—Skin the sardines, and take away the backbone. Roll out the paste as thinly as possible, cut it into strips about 4 inches by 2 inches, and in each strip enclose a half sardine, leaving the ends open. Brush over with beaten egg, bake in a quick oven, and serve hot.

TIME.—To bake the pasties, about 15 minutes. AVERAGE COST, 1*s.* to 1*s.* 4*d.* per tin. ALLOW 1 to each person when served as a savoury.

SARDINE TOAST.

INGREDIENTS.—4 sardines, ½ oz. of butter, the yolks of 2 eggs, 2 tablespoonfuls of milk, 1 teaspoonful of essence of anchovy, toast, butter, cayenne.

METHOD.—Skin and bone the sardines and chop them coarsely. Put the milk and butter into a stewpan; when hot, add the prepared sardines, anchovy essence, and a little cayenne, and last of all the yolks of eggs. Stir by the side of the fire until the

eggs thicken, but do not let them boil, or they may curdle. Have ready well-buttered squares of toast, pour on the preparation, and serve as quickly as possible.

TIME.—20 minutes. AVERAGE COST, 9*d*. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

SCOTCH WOODCOCK.

INGREDIENTS.—The yolks of 2 eggs, 1 gill of cream (or cream and milk in equal parts), anchovy paste, toast, butter, cayenne, salt.

METHOD.—Cut the toast into 2-inch squares, butter well, and spread them with anchovy paste. Season the yolks with a little cayenne and salt; when slightly beaten add them to the hot cream, stir over the fire until they thicken sufficiently, then pour the preparation over the toast, and serve as hot as possible.

TIME.—10 minutes. AVERAGE COST, 10*d*., when cream is used. SUFFICIENT for 5 persons. SEASONABLE at any time.

SHRIMP TOAST.

INGREDIENTS.—¼ pint of picked shrimps, anchovy paste, ½ oz. of butter, 1 egg, 1 tablespoonful of milk, salt, cayenne, 8 croûtes of buttered toast.

METHOD.—Melt the butter in a stewpan, put in the shrimps and when hot add the eggs and milk, previously beaten together, salt and cayenne to taste, and stir by the side of the fire until the mixture thickens. Meanwhile, spread the toast lightly with anchovy paste, and now add the shrimp preparation, and serve as hot as possible.

TIME.—20 minutes. AVERAGE COST, 9*d*. SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

TOMATOES, SAVOURY

(*See* **Tomatoes Baked; Tomatoes Stuffed and similar Recipes**).

WELSH RABBIT OR RAREBIT.

INGREDIENTS.—4 oz. of Cheshire or Cheddar cheese, ½ oz. of butter, 2 or 3 tablespoonfuls of milk or ale, mustard, pepper, buttered toast.

METHOD.—Cut the cheese into small pieces, place these in a saucepan with the butter, milk, or ale, ½ a mustardspoonful of mustard, and pepper to taste, and stir the mixture by the side of the fire until it resembles thick cream. Have ready some squares of hot well-buttered toast, pour on the cheese preparation, and serve at once.

TIME.—10 minutes. AVERAGE COST, 5*d*. or 6*d*. SUFFICIENT for 4 or 5 persons, if served as a savoury. SEASONABLE at any time.

PRESERVED AND TINNED FOODS

THE nutritive value of tinned meat is less than that of fresh meat, it possesses less flavour, and it is less easily digested, in consequence of being over-cooked, and therefore less satisfying. However, tinned food is a valuable substitute for salt meat on board ship and elsewhere, and is specially useful to those far removed from the general sources of supply.

The tin containing meat, game, or poultry, should be immersed in boiling water until its contents are sufficiently heated, then opened and emptied. The meat has already been rather over than under-cooked. The mode of its preparation necessitates this. The tins containing the meat are placed in a bath of boiling chloride of zinc, the boiling point of which is considerably above that of water. Thus the contents of the tins are heated to the highest point, and a jet of steam or air pours from the one small hole in each. As soon as the air is exhausted and only steam remains, a drop of solder closes the tin, which, in cooling, collapses. If any air remain fermentation takes place, and this may be known by the bulging of the sides of the tin.

Since the tinued provisions, have come the frozen ones. A great deal of what we should call fresh meat is frozen perfectly hard directly it is killed, and, in that state, put on board ships fitted with refrigerating chambers, where the air is kept always several degrees below freezing point. Meat and poultry travel perfectly fresh in this way, but should be cooked very soon after thawing, as they soon go bad in an ordinary temperature.

It may be interesting to some of our readers to see the menu of a dinner prepared from tinned and preserved provisions, which was decided to be a success by those who partook of it. Bread and milk may be called the only fresh provision used, for eggs (those for the sauce) and potatoes, were both stored ones.

The pastry was made from the tinned marrow, sold for the purpose; the raspberries were bottled ones, the custard was made from what is generally called egg-powder and the compôte of fruit consisted of tinned pine, apricots, and peaches flavoured with wine, liqueur, and sugar.

Recipes will be found below for the dishes in this menu of eight courses, and it may be said that such a dinner would cost about one third of what would have to be paid for the same in which all fresh provisions were employed. Our readers will not probably care to try the entire meal as it stands, but it may give suggestions for one or two courses that could be introduced in an ordinary dinner.

MENU.

Oxtail Soup.
Scalloped Salmon.
Potato Balls.
Salmi of Game.
Curried Prawns on Toast.
Lamb's Sweetbreads with Spinach.
Gooseberry Tart.
Chocolate Mould.

A good brand of salmon or lobster, if well drained, will be found an excellent substitute for fresh fish in mayonnaise or salad. Tinned oysters answer very well for sauce, soup or forcemeat. A good brand of prawns may be used for curry.

In an emergency tinned or bottled soups are invaluable. The thick soups will be found more satisfactory than the clear ones. A little additional seasoning and flavouring is usually necessary.

Tinned and bottled vegetables are used extensively and form an excellent substitute for fresh ones. Asparagus should be warmed before opening the tin. Peas, haricots verts, and green haricots should be well rinsed, in cold water, slightly salted. A little butter or cream, salt and pepper should be added to spinach before warming it in a saucepan.

Tinned or bottled fruits should be emptied into a porcelain or glass dish several hours before being served, and kept in as cold a place as possible.

FISH

LOBSTER CURRY (From Tinned Lobster).

INGREDIENTS.—1 tin of lobster, ½ pint of curry sauce.

METHOD.—Thoroughly drain the lobster, and divide it into rather small neat pieces. Make the sauce as directed, put in the prepared lobster, make thoroughly hot, and serve. Well boiled rice and sliced lemon should be served with this dish.

TIME.—10 minutes, after the sauce is made. AVERAGE COST, 1*s.* 2*d.* to 1*s.* 6*d.* SUFFICIENT for 3 or 4 persons.

LOBSTER, SCALLOPED (Preserved) (*See* Salmon, Scalloped).

PRAWNS, CURRIED (Tinned Food).

INGREDIENTS.—1 tin of prawns, ¼ pint of curry sauce, well-boiled rice, lemon-juice.

METHOD.—Make the sauce as directed (tinned curry sauce may be substituted, or the prawns may be obtained ready curried), put in the prawns, make thoroughly hot, add lemon-juice to taste, and serve in a border of rice, or hand the rice separately.

TIME.—10 minutes, after the sauce is made. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.* SUFFICIENT for 3 or 4 persons.

SALMON KEDGEREE.

INGREDIENTS.—1 tin of salmon (about ½ lb.), 4 ozs. of well-boiled rice, 1 oz. of butter, finely-chopped parsley, salt and pepper, grated nutmeg.

METHOD.—Divide the fish into rather large flakes. Heat the butter in a stewpan, put in the rice, make it thoroughly hot, season to taste, and add the fish. Stir very gently over the fire for 3 or 4 minutes, and serve piled on a hot dish. One or two hard-boiled eggs coarsely chopped are sometimes added to the above ingredients.

TIME.—½ an hour. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 4 or 5 persons.

SALMON SCALLOPED.

INGREDIENTS.—1 tin of salmon, breadcrumbs, white sauce, butter, salt and pepper, grated cheese.

METHOD.—Divide the salmon into rather large flakes. Butter an

many scallop shells as are required rather thickly with butter, and sprinkle them lightly with breadcrumbs. Nearly fill them with salmon, add 1 or 2 tablespoonfuls of sauce, and cover the surface with breadcrumbs. Sprinkle lightly with cheese, season with salt and pepper, then add 2 or 3 small pieces of butter. Bake in a moderate oven until nicely browned, and serve.

TIME.—20 minutes. AVERAGE COST, 1*s.* to 1*s.* 3*d.*, when the whole tin is used. ALLOW 1 to each person.

SARDINES, POTTED.

INGREDIENTS.—Sardines, butter, cayenne.

METHOD.—From each sardine remove the skin and backbone. Pound to a paste, adding butter as required, and season highly with cayenne. Pass through a hair sieve, press into small pots, and cover with clarified butter.

TIME.—About 40 minutes. AVERAGE COST, 1*s.* to 1*s.* 4*d.* per tin. SUFFICIENT, 1 tin for 2 or 3 small pots.

MEAT, FOWL, ETC

BEEF, BROILED, WITH MUSHROOMS.

INGREDIENTS.—1 lb. of tinned roast beef, 12 preserved mushrooms, 1 oz. of butter, 1 oz. of flour, ¾ pint of stock, or water, salt and pepper.

METHOD.—Slice the mushrooms, fry them lightly in hot butter, and sprinkle in the flour. Cook until nicely browned, add the stock or water, season to taste, stir until boiling, and afterwards simmer gently for about ½ an hour. Slice the meat, coat each slice lightly with oil or oiled butter, and broil over or in front of a clear fire. Serve with a little sauce and all the mushrooms round the dish, and put the remainder of the sauce in a sauceboat.

TIME.—About 1 hour. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 4 persons.

BEEF COLLOPS (Tinned Beef).

INGREDIENTS.—1 lb. of Australian beef, 2 oz. of butter, or dripping, 1 onion, ¼ pint of stock, 1 lemon, 1 teaspoonful of mushroom ketchup, salt and pepper.

METHOD.—Mince the beef finely, put the butter or dripping into a stewpan. Add the onion chopped finely, and fry till it is nicely browned. Add the juice of the lemon, the stock, ketchup, and seasoning, simmer for 5 minutes, then add the meat, simmer for 5 minutes longer, and serve on a hot dish with a border of mashed potatoes or rice.

TIME.—20 minutes. AVERAGE COST, 10*d.* SUFFICIENT for 3 or 4 persons.

BEEF, HARICOT OF (From Tinned Meat).

INGREDIENTS.—1 pint of haricot beans, 1 lb. of beef, 1½ oz. of butter, 2 onions, ½ pint of stock, 1 carrot, 1 turnip, 1 tablespoonful of Harvey's sauce, pepper and salt, flour, ground rice.

METHOD.—Soak the beans overnight, drain them and put them in a saucepan with 2 quarts of water, and boil for 2 hours, or until they are thoroughly tender; drain and put them to dry beside the fire with the saucepan lid slightly raised, then put in ½ oz. of butter, pepper and salt. In another saucepan prepare a sauce as follows: Put 1 oz. of butter in the pan and fry the sliced onions to a nice brown, cut up the turnip and carrot, add them, and mix the stock smoothly with a tablespoonful of ground rice and flour; place the stock in the saucepan, add the Harvey's sauce and

simmer for ½ an hour. Empty the tin of beef, cut the meat into neat squares, roll these in flour and put them into the sauce to simmer for 5 minutes. Dish with the meat and gravy in the centre and the beans in a border round.

TIME.—2 hours. AVERAGE COST, 1s. 4*d*. SUFFICIENT for 4 persons.

BEEF OR MUTTON CURRY (Braised Beef).

INGREDIENTS.—1 lb. of beef or mutton, 1 oz. of butter or dripping, 1 tablespoonful of flour, 1 tablespoonful of curry-powder, 1 onion sliced, 1 apple sliced (an equal amount of gooseberries or rhubarb may be substituted), ¾ pint of stock, 1 teaspoonful of lemon-juice, salt, 4 oz. of cooked rice.

METHOD.—Cut the meat into small pieces and boil down any jelly or trimmings for gravy. Heat the butter or dripping in a stewpan, fry the onion until brown, put in the flour and curry-powder, stir and cook for 5 minutes, then add the apple and stock, and stir until the ingredients boil. Cover closely and simmer for about 30 minutes, then strain and return to the stewpan. Bring nearly to boiling point, add the lemon-juice, season to taste, and put in the meat. Draw the saucepan to the side of the stove, and let the meat remain in the hot sauce for about 20 minutes, but do not allow it to boil. Serve in a border of boiled rice.

TIME.—About 1 hour. AVERAGE COST, 10*d*. SUFFICIENT for 3 or 4 persons.

CORNISH PASTIES.

INGREDIENTS.—For the pastry: 8 oz. of flour, 3 oz. of fat, 1 teaspoonful of baking-powder, 1 saltspoonful of salt. For the mixture: ¼ lb. of beef, ¼ lb. of potato (parboiled), ½ a teaspoonful of onion (parboiled and finely-chopped), 2 tablespoonfuls of gravy or water, mixed herbs, salt and pepper to taste.

METHOD.—Cut the meat and potatoes into dice, add the onion, herbs, salt, pepper, and gravy, and mix well together. Mix the flour, baking-powder, and salt together, rub in the fat lightly, add the water, being careful not to make the paste too moist. Divide the paste into 8 equal portions, and roll them out, keeping the portions as round as possible. Pile the mixture in the centre of each piece of pastry, wet the edges and join together on the top to form an upstanding frill, prick them 2 or 3 times with a fork, and bake in a moderate oven for about ½ an hour.

TIME.—About 1 hour. AVERAGE COST, 6*d*.

CROÛTES OF MEAT.

INGREDIENTS.—4 tablespoonfuls of beef coarsely chopped, 4 squares of stale bread, 1 oz. of butter, 1 teaspoonful of flour, 2 tablespoonfuls of gravy or water, 1 teaspoonful of Worcester or other sauce, salt and pepper.

METHOD.—Remove the crust and trim the bread into shape. Melt the butter in a frying-pan, fry the bread until brown, then remove and keep hot. Brown the flour in the butter, add the gravy or water, salt, pepper, Worcester sauce, and when boiling draw aside. When the sauce has cooled slightly, stir in the meat, let it become thoroughly hot, then pile on the croûtes of bread, and serve at once.

TIME.—About 10 minutes. AVERAGE COST, 3*d*.

GAME, SALMI OF.

INGREDIENTS.—1 tin of partridge or pheasant, ¾ pint of brown sauce, 1 glass of port, salt and pepper, fried croûtons.

METHOD.—Divide the game into pieces convenient for serving (the trimmings and jelly will provide the stock for the brown sauce). Make the sauce as directed, add to it the game, wine, and seasoning to taste, and, when thoroughly hot,

serve garnished with croûtons of fried bread.

TIME.—About ½ an hour, after the sauce is made. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 4 persons.

IRISH STEW (From Tinned Mutton).

INGREDIENTS.—2 lb. of tinned mutton, 2 large onions, 2 lb. of potatoes, ¾ pint of stock or water, salt and pepper.

METHOD.—Cut the meat into pieces convenient for serving; cut the potatoes into thick slices, and the onions into very thin slices. Take a saucepan with a close-fitting lid, and in it place the potato and onion in alternate layers; sprinkle each layer with salt and pepper, pour in the stock, and cook the ingredients very gently for about 1½ hours. By this time the potato and onion should be cooked, and as the meat requires no further cooking, but simply heating, it should be put into the saucepan and well mixed with the onion and potato, and served as soon as it has become thoroughly hot.

TIME.—About 1¾ hours. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 4 or 5 persons.

KEBOBS (From Tinned Meat).

INGREDIENTS.—1 lb. of tinned meat, 1 medium-sized onion finely chopped, 1 dessertspoonful of curry-powder, 1 egg, salt and pepper, flour, dripping.

METHOD.—Mince the meat finely, stir in the onion, curry-powder, pepper and salt to taste and the egg. Form into small balls or flat cakes, roll lightly in flour, and fry in hot dripping until nicely browned. Plainly boiled rice and chutney usually accompany this dish.

TIME.—About 35 minutes. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 8*d.* SUFFICIENT for 5 or 6 persons.

LAMBS' SWEETBREADS (Tinned Food).

INGREDIENTS.—1 tin of lambs' sweetbreads, 1 egg, breadcrumbs frying-fat, brown sauce.

METHOD.—Drain and dry the sweetbreads, and divide them into neat pieces. Coat them carefully with egg and breadcrumbs, fry in hot fat until crisp and brown, and serve piled on a hot dish. Send the sauce to table in a sauceboat.

TIME.—About 20 minutes. AVERAGE COST, 2*s.* SUFFICIENT for 4 or 5 persons.

MEAT AND EGG TOAST (Tinned Food).

INGREDIENTS.—Slices of bread, remains of cold meat, 2 eggs, 2 tablespoonfuls of milk, 1 oz. of butter, 1 tablespoonful of tomato sauce, salt and pepper.

METHOD.—Cut some rounds of bread and fry them, or toast and butter them. Mince finely any small pieces of tongue, or corned or fresh beef. Put in a saucepan 2 eggs, 1 oz. of butter, salt and pepper, and 2 tablespoonfuls of milk. When the eggs begin to thicken add the meat, and, if possible, a tablespoonful of tomato sauce. Stir the mixture over the fire until it is as thick as cream, pour it over the toast, and serve at once.

TIME.—10 to 15 minutes. AVERAGE COST, 6*d.*, exclusive of the meat. SUFFICIENT for 3 persons.

MEAT AND MACARONI (Tinned Food).

INGREDIENTS.—¼ lb. of macaroni, 2 lb. of tinned meat, 1 oz. of butter or dripping, 1 small onion, 1 teaspoonful of flour, 1 teaspoonful of ketchup or other sauce, ½ pint of stock or gravy.

METHOD.—Put the macaroni into sufficient boiling water to cover it, and cook until tender, then cut into short lengths and keep hot. Remove any jelly or gristle from the meat, and put it, together with any bones, trimmings of meat, ham, or bacon, into a saucepan with rather more than ½ pint of cold water, and simmer at least 1 hour. Cut the

meat into small slices, and the onions into dice. Melt the butter or fat in a stewpan or frying-pan, fry the onion until brown, sprinkle in the flour, cook for about 10 minutes, add the gravy and sauce and stir until boiling. Put in the meat, baste it well with the gravy, and when quite hot, serve on a dish with the macaroni arranged as a border.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 4*d.* SUFFICIENT for 4 or 5 persons.

MEAT AND POTATO PIE (Tinned Food).

INGREDIENTS.—1 lb. of tinned mutton, 1 lb. of potatoes, 2 onions, ½ pint of gravy, salt and pepper.

METHOD.—Cut the meat into small thin slices, parboil and slice the potatoes and onions. Line the bottom of a pie dish or earthenware baking-dish with potato, cover with a layer of meat and a few slices of onion, and season liberally with salt and pepper. Repeat until the materials are used, the top layer being formed of potato. Pour in the gravy, cover with a greased paper, and bake for about 1¼ hours in a moderate oven; ½ an hour before serving, remove the paper in order that the surface may brown.

TIME.—About 1¼ hours. AVERAGE COST, 1*s.* 4*d.* SUFFICIENT for 5 or 6 persons.

MEAT CAKES (Tinned Meat).

INGREDIENTS.—½ lb. of tinned beef, ½ lb. of mashed potato, 2 tablespoonfuls of either gravy or milk, ½ a teaspoonful of mixed herbs, salt and pepper, browned breadcrumbs, 1 egg.

METHOD.—Remove all the fat and chop the meat finely. Heat the milk or gravy in a saucepan, put in the meat, potato, herbs, salt and pepper, and stir briskly over the fire for about 10 minutes; if the mixture is too stiff to hold together, a little more gravy or milk must be added. Spread the mixture on a plate; when cold, divide it into 6 or 8 portions, form these into round cakes, brush them over with egg (a little milk may be used instead), and sprinkle with browned breadcrumbs. Place the cakes in a greased baking-tin, put small pieces of fat on the top of each cake, and bake them in a moderate oven for 15 minutes. The cakes may also be brushed over with egg, covered with white breadcrumbs, and fried in hot fat.

TIME.—2 hours. AVERAGE COST, 8*d.* SUFFICIENT for 3 persons.

MEAT CROQUETTES.

INGREDIENTS.—½ lb. of beef or mutton, ½ oz. of butter, ½ oz. of flour, 3 level tablespoonfuls of breadcrumbs, 2 or 3 tablespoonfuls of gravy, 1 tablespoonful of Worcester sauce, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of mixed herbs, salt and pepper, egg, breadcrumbs.

METHOD.—Chop the meat finely. Heat the butter in a stewpan, fry the onion until lightly browned, add the flour and stock, and boil for 1 or 2 minutes. Now put in the meat, breadcrumbs, Worcester sauce, parsley herbs, salt and pepper, and mix well over the fire, adding more stock or water if the preparation appears at all dry. Turn on to a plate, and when cold divide into equal portions, form into balls, coat with egg and breadcrumbs, and fry until nicely browned in hot fat. If preferred, the mixture may be shaped into round cakes, coated with flour and fried in a little hot fat in a frying-pan.

AVERAGE COST.—9*d.* SUFFICIENT for 10 or 12 croquettes.

MEAT PATTIES (Tinned Meat).

INGREDIENTS.—For the pastry: 8 oz. of flour, 3 oz. of fat, 1 teaspoonful of baking-powder, 1 saltspoonful of salt. For the mixture: ¼ lb. of beef, ½ a saltspoonful of pepper, ½ a saltspoonful of mixed herbs, 1 tablespoonful of gravy or water.

METHOD.—Cut the meat into small dice, add to it the other ingredients, and mix them well together. The first 8 rounds cut from the pastry should be put aside for the lids, for the cuttings, when re-rolled, may be less light and flaky. When shallow patty-pans are used, the lids should be a little larger than the linings of the patty-pans, so as to easily cover the mixture, which should be piled up fairly high. Make a small hole in the top of each patty, brush over with egg or milk, and bake in a hot oven for about 20 minutes.

TIME.—About 1 hour. AVERAGE COST, *6d.*

MEAT, POTTED (Tinned Meat).

INGREDIENTS.—1 lb. tin of Australian meat, ¼ lb. of butter, pepper and salt, pounded allspice.

METHOD.—Take 1 lb. of lean meat, removing all gristle, skin, etc., and flavour it highly with salt, pepper, and spice. Put it in a mortar and pound it well, adding butter at intervals until a smooth paste is obtained. Place the meat into small pots, pressing it down tightly, and pour clarified butter over the top.

MUTTON WITH CAPER SAUCE.

INGREDIENTS.—1½ lb. of tinned mutton, ¾ pint of caper sauce.

METHOD.—Turn the meat out of the tin, and remove all jelly and gravy (to be afterwards converted into caper sauce). Replace the meat in the tin, put it in a stewpan and surround it with boiling water until thoroughly heated. Meanwhile, make the sauce as directed, using the jelly and gravy with stock or water to make up the amount required. Serve the mutton on a hot dish with the sauce poured over.

TIME.—About 1 hour. COST, *1s. 6d.* SUFFICIENT for 5 persons.

SHEEP'S TONGUES (Preserved Meat).

INGREDIENTS.—1 tin of sheep's tongues, 1 egg, breadcrumbs, frying-fat, salt and pepper, tomato, piquante or brown sauce.

METHOD.—Turn the tongues carefully out of the tin, remove the jelly, split each tongue in half lengthwise, and take off the skin. Coat with egg and well-seasoned breadcrumbs, fry in hot fat until well browned, and serve with a little of the sauce poured round, and the remainder in a sauceboat.

TIME.—½ an hour. COST, *1s. 4d.* SUFFICIENT for 6 persons.

TOAD-IN-THE-HOLE (Preserved Meat).

INGREDIENTS.—1 lb. of beef or mutton, 4 oz. of flour, 1 egg, ½ pint of milk, ½ a teaspoonful of salt, dripping.

METHOD.—Cut the meat into 6 or 8 slices. Make a smooth batter of the flour, egg, salt, and milk, and let it stand for half an hour. In a Yorkshire pudding tin melt sufficient dripping to form a layer on the bottom, pour in about ¼ of the batter and bake until slightly set. Season the pieces of meat well with pepper, and also a little salt if necessary, place them in the tin, pour in the remainder of the batter, and bake in a hot oven for 25 or 30 minutes, or until the batter is sufficiently browned.

TIME.—40 minutes. COST, *10d.* SUFFICIENT for 5 persons.

TONGUE, CURRIED (Tinned Food).

INGREDIENTS.—1 tin of sheep's tongues or the remains of an ox tongue, ½ pint of curry sauce, well boiled rice, lemon-juice.

METHOD.—Remove the tongues carefully from the tin, strip off the skin, and slice rather thinly. Make the sauce as directed, put in the sliced tongue, and when thoroughly impregnated with the flavour of the sauce, serve either surrounded or accompanied by the rice.

TIME.—½ an hour. COST, *1s. 3d.* SUFFICIENT for 4 persons.

VEGETARIAN COOKERY

From the earliest ages the doctrines and practices of vegetarianism have been observed, from necessity, as a religious duty, or on grounds of health. The Hindoos from remote antiquity have subsisted on vegetable food, likewise the Japanese, who, except at the ports, where fish is used, manage to sustain themselves on a no-flesh diet.

The diet of those who partially or altogether eschew meat and fish may yet be nourishing, palatable and varied, if they will avail themselves of the many food-stuffs which nature has generously placed at their disposal. Strict vegetarians abstain altogether from milk, cheese, butter and eggs, but whether a diet deprived of these valuable articles of food is suitable and beneficial depends largely upon climate, age, and occupation. Except in the case of those who can command a liberal supply of fresh fruit and fresh vegetables, even when scarce and dear, such a diet is apt to be monotonous, but not necessarily so. Oil may be substituted for butter, and vegetables and flour well browned in it form the basis of palatable soup and stew. In time, vegetarians lose their liking for preparations possessing much flavour and seasoning and usually prefer simple fare. The vegetarian food provided in public places is invariably overseasoned, and often flavoured and served in imitation of some meat dish, and the slow growth of the popularity of vegetarian cookery is in some degree attributable to this error. Well cooked preparations of rice, macaroni, spaghetti, and other farinaceous products of the same order, are usually preferred to the more elaborate vegetarian fare. Combined with cheese, they form a sufficiently sustaining diet. Add fresh vegetables and fruit, and the meal supplies to the ordinary vegetarian all that is desired or required.

Peas, beans, lentils, cheese, eggs, milk oatmeal, and brown bread yield to the vegetarian certain constituents which he would otherwise obtain from meat, therefore, when substituting a vegetarian diet for a carnivorous one, it is advisable, in order to maintain the normal strength of the body, to include two or three of these food-stuffs in the daily fare.

SAUCES

BROWN GRAVY.

Ingredients.—2 onions, 1 tablespoonful of flour, ¾ pint of hot water, seasoning, 1 oz. of butter or a tablespoonful of oil.

Method.—Chop the onions, fry them brown in the butter, add the flour which must also brown. Pour in the water, and stir until the mixture thickens, then season it to taste. Any kind of vegetable stock is preferable to water.

SHARP SAUCE

INGREDIENTS.—Salad-oil, 1 onion 1 tomato, 3 mushrooms, 1 oz. of flour, ¾ pint of water, vinegar, sweet herbs, pepper and salt, nutmeg.

METHOD.—Put in a saucepan 2 tablespoonfuls of oil with the onion, tomato, and mushrooms, all very finely chopped. When nicely browned add the flour, and let it brown also; then ¾ pint of water or vegetable stock, and stir the mixture till it boils. Put in 2 tablespoonfuls of vinegar and a few sweet herbs. Simmer for a few minutes, strain and serve.

TIME.—About 20 minutes. AVERAGE COST, 3*d.*

TOMATO SAUCE.

INGREDIENTS.—4 or 6 tomatoes, ½ oz. of butter, ½ oz. of flour, ½ pint of water, seasoning.

METHOD.—Stew or bake the tomatoes in the smallest possible amount of water, and pass them through a sieve. Make ¼ pint of melted butter with the above ingredients, add the tomatoes and the seasoning, give the mixture one boil, and serve. Some persons like to add a flavour of onion, which should be cooked with the tomato and then removed.

TIME.—½ an hour. AVERAGE COST, 6*d.* to 8*d.*

SAVOURY DISHES

BANANAS, FRIED.

INGREDIENTS.—Bananas peeled, flour, oil or butter to fry.

METHOD.—Cut the bananas in pieces, flour them, fry in butter until lightly browned, drain well, and serve with poached eggs, the same as bacon and eggs would be served.

TIME.—20 minutes. AVERAGE COST, bananas 1*d.* each. SUFFICIENT, allow 1 or 2 bananas to each person.

BEAN CROQUETTES.

INGREDIENTS.—Boiled beans, breadcrumbs, salt and pepper, onion, egg, oil to fry.

METHOD.—Take some boiled haricot beans—any that are left over from a dish of the day before will do—mash them, add sufficient breadcrumbs to make them stiff enough to mould, a little fried chopped onion, pepper and salt. Shape them into balls or flat cakes, egg-and-bread-crumb them, and fry in hot oil. Serve with some sauce, or brown gravy poured round, and garnish with fried parsley. If peas are preferred, the ordinary split peas can be used; and if lentils, either the Egyptian or the German; the latter, though dearer, are better. Parsley and herbs, or lemon rind, can be added if liked. The croquettes are best eaten hot. Cooked hominy, oatmeal, etc., may also be used.

TIME.—Altogether, ½ an hour. AVERAGE COST, 3*d.*, exclusive of the beans. ALLOW 2 to each person.

BEANS AND TOMATOES.

INGREDIENTS.—Baked or boiled haricot beans, 1 oz. of flour, ½ oz. of butter, ½ pint of water in which the beans were cooked, 2 tablespoonfuls of tomato sauce.

METHOD.—Strain the beans, thicken the liquor with flour or flour and butter, add the tomato sauce, and let it boil. Put in the beans, and serve hot.

TIME.—½ an hour. AVERAGE COST, 3*d.* SUFFICIENT for 2 persons.

BEANS, CURRIED.

INGREDIENTS.—½ pint of haricot beans, ½ a carrot, 1 apple, 1 onion, a tablespoonful of oil or butter, 1 dessertspoonful of flour and curry powder mixed, ¼ pint of water, rice.

METHOD.—Cook the beans in a slow oven, with water, until they are soft, and grate or chop the vegetables very fine. Heat up the oil, add the vegetables, fry for 5 minutes, put in the flour and curry, and lastly the water or an equal quantity of the liquor in which the beans were boiled. Boil and thicken the stew, add the beans, make thoroughly hot, and serve with a border of boiled rice. Or, press the rice into a mould or into teacups, turn them into the middle of the dish, and pour the beans round.

TIME.—1 hour. AVERAGE COST, 4*d.* or 5*d.* SUFFICIENT for 2 or 3 persons.

Note.—Peas and lentils may be cooked in the same way, or indeed any kind of vegetable.

BEANS, POTTED.

INGREDIENTS.—½ pint of haricot beans, 2 oz. of breadcrumbs, 2 oz. of strong cheese grated, 2 oz. of butter, cayenne, pepper and salt, nutmeg to taste.

METHOD.—Bake the beans in a slow oven, pound them in a mortar, adding gradually the other ingredients. Press the mixture into pots and run a little butter over the top, if it is to keep many days. Potted beans make very good sandwiches with bread and butter. Store in a cool, dry place, as all kinds of beans quickly ferment.

TIME.—1¼ hours. AVERAGE COST, 6*d.* SUFFICIENT for 3 or 4 pots.

BREAD CUTLETS.

INGREDIENTS.—Slices of bread, milk, nutmeg, pepper, chopped parsley, herbs, and lemon-rind, egg and breadcrumbs, oil for frying.

METHOD.—Cut slices of bread of a suitable shape and about ¾ of an inch thick. Soak them in a little milk on a plate, but not sufficiently long to cause them to break. Mix the parsley, herbs, lemon-rind, nutmeg, and breadcrumbs. Break the egg on a plate, dip each slice into it, and then in the crumbs, and fry at once in a frying-pan. Drain on paper and serve hot.

TIME.—15 minutes. AVERAGE COST, 6*d.* SUFFICIENT for 6 or 7 persons.

CARROT PUDDING.

INGREDIENTS.—Boiled carrots, ½ their bulk in breadcrumbs, 1 or 2 eggs, pepper and salt, 2 oz. of butter, white sauce.

METHOD.—Boil some carrots until salt, chop them small or rub them through a sieve, add the breadcrumbs and butter, and eggs sufficient to bind the whole together, with seasoning to taste. If eggs are not used, a couple of tablespoonfuls of flour and a little milk should be put in. Butter the pudding-basin, put in the mixture, steam from 1 to 1½ hours, according to size, turn out the pudding, and serve it hot with white sauce poured round the pudding.

TIME.—To steam the pudding, from 1 to 1½ hours. AVERAGE COST, 7*d.*, exclusive of the sauce. SUFFICIENT for 2 persons.

Note.—This pudding can be made with other vegetables. Chopped turnips or cauliflowers, mixed with the carrots, are excellent.

CUCUMBERS, WITH EGGS.

INGREDIENTS.—2 large cucumbers, 1½ pints of white sauce, 3 hard-boiled eggs, 1 tablespoonful of grated cheese, as many croûtes of fried bread and rolls of rice as there are pieces of cucumber, salt and pepper.

METHOD.—Pare the cucumbers, cut them into pieces about 3 inches in length, and remove the centre with a vegetable cutter or a small knife. Stand them on end in a stewpan in a little hot stock or water, cover closely, and simmer

very gently until tender; the time required varies from 15 to 20 minutes according to the age of the cucumber. Rub the yolk of 1 egg through a wire sieve, and put it aside, cut the remainder of the eggs into dice, add them to ½ pint of hot white sauce, and when ready for use, stir in the grated cheese. Have the rice rolls nicely fried, and the cucumber drained, and on croûtes ready to receive the mixture, which should be pressed lightly in, piled rather high and garnished with yolks of egg. Dish in two close rows, arrange the rice rolls overlapping each other round the base, and serve the remainder of the sauce in a sauceboat.

TIME.—Altogether, from 1¼ to 1½ hours. AVERAGE COST, from 2*s.* 9*d.* to 3*s.* 3*d.* OBTAINABLE at any time.

Note.—This dish may be varied by substituting a macédoine of cooked vegetables for the eggs and cheese, or by filling the pieces of cucumber with a purée of any white vegetable, such as celery or artichokes, and garnishing the base with tomatoes stuffed.

EGGS AND TOMATOES (Cold).

INGREDIENTS.—Fresh eggs, firm tomatoes, croûtes of fried or toasted bread, salt and pepper, salad.

METHOD.—Cut a slice off the end of each tomato, scoop out some of the pulp and season the inside of the tomatoes with salt and pepper. Into each one carefully break an egg, put on the lids, and bake in a moderately hot oven until the eggs are set. When cold, serve garnished with salad.

TIME.—From 10 to 15 minutes, to bake the tomatoes. AVERAGE COST 3½*d.* to 4*d.* each. SUFFICIENT, allow 1 to each person.

FORCEMEAT FRITTERS.

INGREDIENTS.—8 oz. of soft breadcrumbs, 3 oz. of butter, 2 eggs, ¼ pint of cream, 1 tablespoonful of chopped parsley, 1 teaspoonful of finely-chopped leek or onion, 1 teaspoonful of finely-chopped or powdered mixed herbs, 2 hard-boiled eggs sliced and fried in oil or butter, salt, pepper.

METHOD.—Rub the butter into the breadcrumbs, add the parsley, leeks, herbs, and a seasoning of salt and pepper. Stir in the eggs and cream, shape into balls, and fry in hot butter or oil in a frying-pan. Serve garnished with the fried slices of egg, and add brown sauce and red-currant jelly.

TIME.—About ½ an hour. AVERAGE COST, 1*s.* 2*d.* SUFFICIENT for 3 or 4 persons.

HOMINY CROQUETTES
(*See* **Bean Croquettes**).

LENTIL RISSOLES.

INGREDIENTS.—¼ lb. of lentils boiled or baked, ½ oz. of butter, pepper and salt, nutmeg, short crust or rough puff paste.

METHOD. — Cook the lentils until they are soft enough to mash, add the butter and seasoning. They ought not to be very dry. Roll the paste very thin, and cut it into rounds with a paste cutter or a teacup. Into each round put a little of the lentil mixture, fold it up, wet the edge, and stick it together. Egg and breadcrumb the rissoles, and fry them in oil. Serve hot with fried parsley. Whole lentils are the best to use for this purpose.

TIME.—To fry the rissoles, 5 minutes. AVERAGE COST, 3*d.* SUFFICIENT for 2 or 3 persons.

LENTILS, CURRIED
(*See* **Beans, Curried**).

LENTILS, SAVOURY.

INGREDIENTS.—1 quart of lentils, 2 oz. of butter, 1 dessertspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, ½ pint of white sauce, salt and pepper.

METHOD.—Soak the lentils in tepid water for 3 hours, changing it as it becomes cold. Melt half the butter in a stewpan; lightly fry the onion and add the lentils, previously drained, then cover with warm

water, season with salt and pepper and cook gently for about 2 hours. As soon as the lentils are tender, remove the lid; when the water has evaporated allow the lentils to dry, add the rest of the butter, the white sauce, and the parsley, season to taste, toss over the fire until thoroughly hot; dish up and serve.

TIME.—6 hours. AVERAGE COST, *7d.* or *8d.*, exclusive of the sauce. SUFFICIENT for 4 or 5 persons.

MACARONI AND CREAM.

INGREDIENTS.—½ lb. of macaroni, 2 oz. of Gruyère cheese grated, 2 oz. of Parmesan cheese grated, 2 oz. of butter, ⅓ pint of cream, salt and pepper, triangles of fried or toasted bread.

METHOD.—Break the macaroni into short lengths, throw them into boiling salted water, and boil rapidly for 20 minutes, or until tender. Heat the butter, drain and add the macaroni, stir in the cheese and cream, and season to taste. Make quite hot, and serve garnished with sippets of bread.

TIME.—About ½ an hour. AVERAGE COST *1s. 3d.* to *1s. 5d.* SUFFICIENT for 2 or 3 persons.

MACARONI AND ONION FRITTERS.

INGREDIENTS.—4 oz. of onions, 2 ozs. of macaroni, 6 oz. of breadcrumbs, 3 eggs, and seasoning.

METHOD.—Stew the macaroni in water, and when tender drain and cut into small pieces, add the onions boiled and chopped, the breadcrumbs moistened with a little water, and the eggs well beaten; season with pepper and salt, and shape them; next fry the shapes, and serve with brown sauce.

TIME.—Altogether, about 40 minutes. AVERAGE COST, *6d.* to *7d.* SUFFICIENT for 2 persons.

MACARONI PUDDING.

INGREDIENTS.—6 oz. of macaroni, ¼ lb. of bread, 1 teaspoonful of parsley, ½ a teaspoonful of mixed herbs, lemon-peel, spice, pepper and salt, 3 oz. of butter, 1 egg.

METHOD.—Parboil the macaroni, and with it line a pint basin previously buttered. Soak the bread in cold water, squeeze it dry, and add the rest of the ingredients with any macaroni that may be over, cut into pieces. Fill the basin and press it down. Cover it with buttered paper, and steam for 1½ hours. Serve hot with white or brown sauce.

TIME.—To steam the pudding, ¼ of an hour. AVERAGE COST, *6d.* to *7d.* SUFFICIENT for 2 persons.

MUSHROOM PUDDING.

INGREDIENTS.—¾ lb. of flour, 6 oz. of butter, 1 teaspoonful of baking-powder, cold water, 1 quart of button or cup mushrooms washed and peeled, pepper and salt.

METHOD.—Make a crust with the flour, baking-powder, and 5 oz. of the butter. Line with it a greased pudding basin, put in the mushrooms with the remaining ounce of butter, pepper and salt, and moisten with a little water. Finish off like a beefsteak pudding. Boil for 1½ hours or longer.

TIME.—2 hours. AVERAGE COST, *1s. 6d.* to *1s. 8d.* SUFFICIENT for 4 persons.

NUT SANDWICHES.

INGREDIENTS.—Walnuts peeled and finely chopped, mayonnaise sauce, cayenne or Krona pepper, thin slices of white or brown bread and butter.

METHOD.—Moisten the nuts with a little mayonnaise sauce, spread rather thickly on bread and butter, and sprinkle lightly with red pepper. Cover with slices of bread and butter, trim off the crusts, cut into triangles. Dish up and serve garnished with cress or parsley.

TIME.—About ½ an hour. COST, about *½d.* per sandwich.

ONION PUDDING.

INGREDIENTS.—8 oz. of flour, 2 oz. of breadcrumbs 3 or 4 oz. of butter (1 tablespoonful of olive-oil may be substituted), 1 teaspoonful of baking-powder, 1 saltspoonful of salt, water. For the mixture: 3 or 4 large mild onions, 2 tablespoonfuls of breadcrumbs, ¼ of a teaspoonful of sage, salt and pepper, 1 or 2 oz. of butter.

METHOD.—Cut the peeled onions into small dice, place them in a pie-dish with the breadcrumbs, butter, sage, and season with salt and pepper, cover closely, and bake gently for 1 hour. Rub the butter into the flour and breadcrumbs, add the baking-powder and salt, and sufficient water to form a rather stiff paste. Line a basin with the paste, put in the mixture when cool, cover with paste, and afterwards with 2 or 3 folds of greased paper, and steam for 2 hours. Serve in the basin, and send brown sauce to table separately.

TIME.—About 3½ hours. AVERAGE COST, 1*s.* SUFFICIENT for 3 or 4 persons.

POTATO OMELET.

INGREDIENTS.—1 large potato, 4 eggs, 1 oz. of butter, lemon-juice, nutmeg, salt and pepper.

METHOD.—Bake the potato in its skin, pass the mealy part through a fine sieve, and mix with it the yolks of the eggs, a few drops of lemon-juice, a pinch of nutmeg, and a little salt and pepper. Whisk the whites stiffly, stir them lightly in, and fry the omelet in the hot butter. If preferred, the omelet may be baked in the oven.

TIME.—To fry the omelet, 4 or 5 minutes. AVERAGE COST, 6*d.* to 8*d.* SUFFICIENT for 2 persons.

POTATO PIE.

INGREDIENTS.—2 lb. of potatoes, 1 onion, 1 stick of celery, 1 oz. of butter, 1 oz. of sago or tapioca, seasoning, short crust paste to cover, water or milk.

METHOD.—Slice the potatoes and the celery, fry the onion in the butter, and fill a piedish with these, sprinkling in the sago or tapioca, and seasoning to taste. Fill up with water or milk, put on a cover of paste, and bake in a good oven for 1 hour or more, according to size.

TIME.—To bake the pie, about 1 hour. AVERAGE COST, 7*d.*, exclusive of the paste. SUFFICIENT for 3 or 4 persons.

POTATO ROLLS.

INGREDIENTS.—Pastry, potatoes, turnips, celery, onion, parsley, sweet herbs, seasoning, 1 oz. of butter, short crust paste.

METHOD.—Cut the potatoes into small pieces. To each lb. add 1 small piece of turnip, 1 stick of celery, 1 small onion, chopped parsley, herbs, and seasoning to taste, and the butter. Roll out the paste to the thickness of ⅛ inch, cut in rounds or squares 4 inches across. Fill each with the vegetables, fold it over like a turnover, and bake about ¾ of an hour. Serve hot or cold.

TIME.—To bake the rolls, ¾ of an hour. AVERAGE COST, 3*d.* or 4*d.*, exclusive of the paste. SUFFICIENT for 6 or 8 rolls.

POTATO SANDERS.

INGREDIENTS.—Boiled potatoes, flour, salt, breadcrusts soaked in water, chopped parsley and herbs, seasoning, ½ an onion soaked in boiling water.

METHOD.—Have the potatoes hot if possible, mash them and work in sufficient flour to roll out, then cut it into squares. Squeeze the bread dry, add the other ingredients, put a little in each square of paste, and finish off like sausage rolls. Bake in a good oven for 20 minutes, and serve hot.

TIME.—To bake, about 20 minutes. AVERAGE COST, ½*d.* each. ALLOW 2 or 3 to each person.

POTATOES WITH CHEESE.

INGREDIENTS.—3 medium-sized potatoes, 2 whites of eggs, 1 yolk of egg, 1 heaped tablespoonful of grated cheese, 2 tablespoonfuls of milk, 1 teaspoonful of finely-chopped parsley, 1 oz. of butter, salt and pepper.

METHOD.—Scrub the potatoes and bake them in their skins. When ready cut in halves, empty the skins into a small stewpan, add the cheese, butter, yolk of egg, milk, and parsley, season with salt and pepper and mix well over the fire. Beat the whites stiffly, stir them lightly in, then fill the potato skins with the mixture, piling it somewhat high. Brush over with a little yolk of egg, and bake in a moderate oven for about 15 minutes.

TIME.—From 1½ to 2 hours. AVERAGE COST, 6*d*. SUFFICIENT for 6 persons. SEASONABLE at any time.

Note.—This mixture can also be baked in scallop shells or patty-pans, which should be previously well buttered and covered with breadcrumbs.

POTATOES WITH CHEESE.

INGREDIENTS.—1 lb. of boiled potatoes, 2 tablespoonfuls of milk, pepper and salt, 3 oz. of grated cheese, browned breadcrumbs, 1 oz. of butter.

METHOD.—Mash the potatoes while hot, add the milk, seasoning, half the butter and cheese. Butter a piedish, strew the crumbs rather thickly, put in the potatoes, and bake for ½ an hour in a good oven. Turn out and serve hot.

RICE CROQUETTES AND CHEESE.

INGREDIENTS.—6 oz. of rice, 1 pint of milk, 1 pint of water, 1 oz. of butter, 2 tablespoonfuls of grated cheese, 2 eggs, cayenne, salt and pepper, egg and breadcrumbs, butter or oil.

METHOD.—Cook the rice in the milk and water until soft and fairly dry, add the cheese and seasoning. When cold divide into cork-shaped pieces, coat with egg and breadcrumbs, and fry in hot butter or oil.

TIME.—To cook the rice, from 1½ to 2 hours. AVERAGE COST, 1*s*. SUFFICIENT for 5 or 6 persons.

RICE, SAVOURY.

INGREDIENTS.—½ lb. of rice, 1 small onion, 3 tablespoonfuls of grated cheese, 3 tablespoonfuls of tomato sauce, a dessertspoonful of chopped parsley and herbs, cayenne and salt, 2 oz. of butter.

METHOD.—Boil the rice in water with the onion chopped finely. When tender and nearly dry, stir in the other ingredients. The rice should be firm enough to make a mound on the dish. Serve hot.

TIME.—About ½ an hour. AVERAGE COST, 6*d*. to 7*d*. SUFFICIENT for 3 or 4 persons.

SEMOLINA, SAVOURY.

INGREDIENTS.—4 oz. of semolina, 2 oz. of grated cheese, 2 oz. of butter, 1 teaspoonful of made mustard, pepper and salt, cayenne, breadcrumbs, 1 quart of milk.

METHOD.—Boil up the milk, sprinkle in the semolina, stir and cook for 15 minutes, then add the cheese, butter, mustard and pepper, salt and cayenne to taste. Turn into a buttered gratin dish, or several china scallop shells, sprinkle liberally with breadcrumbs and cheese, and add a few very small pieces of butter. Brown in a hot oven, and serve.

TIME.—About ½ an hour. AVERAGE COST, 9*d*. to 10*d*. SUFFICIENT for 3 or 4 persons.

VEGETABLE GOOSE.

INGREDIENTS.—½ lb. of breadcrumbs soaked in cold water, 1 onion, 1 teaspoonful of chopped parsley and herbs, 1 oz. of butter, pepper and salt.

METHOD.—Squeeze the bread nearly dry, and mash it, mix in the other ingredients, chopped small. Butter a Yorkshire pudding-dish, put in the mixture, and bake in a good oven for about ¾ of an hour. Serve hot, and cut in squares.

VEGETABLE PIE.

INGREDIENTS.—1 onion, 1 carrot, 1 stick of celery, a handful of green peas, ½ oz. of sago or tapioca, 1 oz. of butter, pepper and salt, a teaspoonful of flour, short crust paste to cover.

METHOD.—Stew all the above ingredients together in a very little water until they are three-parts cooked. They should be cut into small pieces; then place them in a piedish, cover it with a crust like a meat pie, and bake it until the crust is done. The pie may be made of any vegetables that are in season. A few mushrooms or some mushroom powder are an improvement.

TIME.—To bake the pie, about ½ an hour. AVERAGE COST, 3*d.* or 4*d.*, exclusive of the paste. SUFFICIENT for 2 persons.

SOUPS

BROWN VEGETABLE SOUP.

INGREDIENTS.—2 quarts of water, 1 slice of bread, 1 cabbage, 2 carrots, 1 turnip, 2 onions, 2 potatoes, parsley, salt and pepper, 1 tablespoonful of oil or 1 oz. of butter.

METHOD.—Fry a slice of onion in the oil or butter in a large saucepan. When it is brown, but not burnt, add 2 quarts of water, salt, pepper, a slice of stale bread toasted, and vegetables cut up into small pieces. (One small cabbage, 2 carrots, 1 turnip, 2 onions, 2 or 3 potatoes, and a bunch of parsley make a good soup.) French beans, green peas with their pods, celery, parsnips, or any other vegetable may be added. Boil for 3 or 4 hours, then mash the vegetables through a colander, or in a saucepan with a spoon, boil for another 10 minutes, and the soup is ready. If it is too thick, add more water, and boil for 10 minutes after putting in the water; if too thin, boil fast with the lid off the saucepan until it is thick enough.

TIME.—From 3 to 4 hours. AVERAGE COST, 3*d.* to 4*d.* SUFFICIENT for 4 or 5 persons.

HOTCH POTCH.

INGREDIENTS.—3 ozs. of pearl barley, 1 small cabbage, 2 carrots, 1 turnip, 2 onions, parsley and herbs, 2 oz. of butter, salt and pepper, 3 quarts of water.

METHOD.—Put the barley on the fire with the cold water. Scrape or grate one of the carrots, and put it aside in a little water. Chop all the rest of the vegetable very small, and when the water boils put them in with the butter, salt, and pepper. There should be enough vegetables to make it rather thick. Boil it all for 2 hours, then add the scraped carrots and boil for another 30 minutes.

TIME.—About 3 hours. AVERAGE COST, 6*d.* SUFFICIENT for 5 or 6 persons.

Note.—Many other vegetables may be added. Lettuce, green peas, and celery when in season.

LENTIL SOUP, GREEN.

INGREDIENTS.—½ pint of green lentils, a handful of spinach or a few drops of spinach colouring, 1 onion, 1 carrot, ½ a small turnip, allspice, 1 or 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1 quart of water, ¼ pint of cream, or ½ pint of milk, salt and pepper.

METHOD.—Soak the lentils overnight. Wash and drain them well, put them into the water when boiling, add the vegetables and ½ a teaspoonful of salt. Simmer for 3½

hours, or until soft, pass the whole through a fine sieve, and replace in the stewpan. Boil up, add the cream or milk, season to taste with salt and pepper, stir and boil gently for 10 minutes, then serve with fried or toasted croûtons of bread.

TIME.—About 4½ hours. AVERAGE COST, 4*d.* with milk, 8*d.* with cream. SUFFICIENT for 4 persons.

POTATO SOUP.

INGREDIENTS.—2 lb. of potatoes, 1 leek, 1 stick of celery, ¼ pint of cream, 1 pint of milk, 1 quart of water, 2 oz. of butter, salt and pepper, 2 oz. of sago or tapioca.

METHOD.—Cut up the prepared vegetables, using only the white part of the leek, and put them in a saucepan with the butter. Let them cook for about 10 minutes, but not take colour; then add the milk and water, and boil for about an hour, or until the mixture is soft enough to rub through a fine sieve. Boil it again, adding more milk if necessary, sprinkle in the sago, and let it simmer until it is transparent. Lastly, add the cream, which must not boil. Serve with fried bread croûtons.

TIME.—About 1 hour. AVERAGE COST, 1*s.* SUFFICIENT for 5 or 6 persons.

Note.—The colour of the soup is sometimes spoiled by using an iron saucepan.

VEGETABLE SOUP.

INGREDIENTS.—1 small vegetable marrow, 3 or 4 tomatoes, 1 small onion, 4 oz. of rice, 2 oz. of butter, 3 pints of water, pepper and salt.

METHOD.—Cut the marrow and tomatoes into small pieces, and slice the onion finely. Melt the butter, fry the onion without browning, then add the water and rice, previously washed and drained, boil for 10 minutes, add the vegetable marrow and tomatoes, season to taste, cook gently until the vegetables are tender. Pass the soup through a sieve, reheat, then serve.

TIME.—½ an hour. AVERAGE COST, 7*d.* to 8*d.* SUFFICIENT for 5 or 6 persons.

VEGETABLE STOCK.

INGREDIENTS.—2 quarts of water, 2 oz. of haricot beans, 2 oz. of split peas, 1 onion, 1 carrot, ½ a stick of celery, parsley, herbs, pepper and salt, 3 cloves, 1 blade of mace.

METHOD.—Boil all the above vegetables, spice and herbs, in 2 quarts of water, for 3 or 4 hours. Skim well; strain it off; it will keep for some time if it is left to stand and poured from the sediment.

TIME.—From 3 to 4 hours. AVERAGE COST, 3*d.* SUFFICIENT for 4 or 5 persons.

Note.—This may serve as the basis of a good many soups and sauces, just as stock made of meat and bones serves many purposes. All cooks may be assured that if gravy has to be made, and no meat is at hand of which to make it, water in which any vegetables have been boiled (except potatoes) will be better than plain water.

WHITE SOUP.

INGREDIENTS.—2 small onions, 1 turnip, 1 lb. of potatoes, 1 branch of celery, 2 small parsnips or artichokes, 3 pints of water, ½ pint of milk, 1 dessertspoonful of flour or cornflour, 1 oz. of butter, salt.

METHOD.—Cut about 2 lb. weight of any white vegetables, previously washed and peeled, into pieces, or preferably several kinds mixed, and boil them until soft in the water with salt and butter. Rub them through a sieve or colander, put them back in the stewpan with the milk, and let it boil. Put in the flour, mixed smoothly with a little cold water or milk, let the soup boil for 10 minutes, and serve with dice of fried bread.

TIME.—About 1 hour. AVERAGE COST, 5*d.* SUFFICIENT for 5 or 6 persons.

1. Cocoanut Cake. 2. Orange Cake. 3. Mocha Cake.

LUNCHEON SWEETS.

1. Bachelor's Puddings. 2. Coffee Eclairs. 3. Snowdon Puddings.

FARINACEOUS FOODS

HOMINY FRITTERS.

INGREDIENTS.—Cold hominy porridge, fat to fry, flour.

METHOD.—Cut the cold porridge into slices, about 1 inch thick, flour them lightly on both sides, and fry in a frying-pan with butter or oil. Serve hot.

TIME.—10 minutes. AVERAGE COST, uncertain.

HOMINY PORRIDGE.

INGREDIENTS.—Hominy, water, a piece of butter.

METHOD.—Pour boiling water on the hominy over night, and let it stand until morning. Then add more water if necessary, and boil for at least ½ an hour. Stir in the butter just before serving.

TIME.—½ an hour. AVERAGE COST, 2*d.* or 3*d.* SUFFICIENT for 2 persons.

Note.—Hominy is the inner part of the maize, and bears about the same relation to maize meal that coarsely-ground flour does to whole wheat meal. It is not so nourishing, but being less oily it keeps well, and has not the characteristic flavour of maize meal, which is unpleasant to some persons.

LENTIL PORRIDGE.

INGREDIENTS.—3 oz. of lentil flour, 1 pint of water, salt, butter.

METHOD.—Put the flour and salt in a basin with a little cold water, add the rest of the water boiling, put it on the fire, and boil for 20 minutes. Stir in the butter just before serving. Half lentil and half barley or wheat-flour is preferred by some.

TIME.—10 minutes. AVERAGE COST, 1½*d.* SUFFICIENT for 2 persons.

OATMEAL PORRIDGE.

INGREDIENTS.—Oatmeal, salt, water.

METHOD.—There are several ways of making porridge. The one generally adopted—although by no means the best—is to sprinkle the oatmeal into boiling, slightly salted water, with the left hand, meanwhile stirring briskly with a wooden spoon or wooden spatula. When the porridge is thick enough, the stewpan is drawn to the side of the fire, and the contents, slowly cooked from 20 to 30 minutes, being occasionally stirred to prevent it sticking to the bottom of the pan. A better method is to soak 4 oz. of oatmeal in 1½ pints of cold water overnight, and in the morning strain the water into a stewpan, and when boiling add the oatmeal, and salt to taste. Twenty minutes gentle simmering will sufficiently cook it, and it must be well stirred during the process. Probably the best plan of all is to use a water-jacketed saucepan for making porridge, for it is always desirable to have oatmeal thoroughly cooked, and as the water in the outer pan obviates the necessity of frequent stirring, the porridge may, with little trouble, be cooked for 2 or 3 hours on the previous day, and re-heated when required; a pinch of salt should always be added to the porridge. There are three varieties of oatmeal—coarse, medium, and fine; any kind may be used for making porridge, but coarse oatmeal is generally preferred.

OATMEAL SCONES.

INGREDIENTS.—Cold oatmeal porridge, flour.

METHOD.—Into the cold porridge knead as much flour as will enable it to be rolled out ¾ of an inch thick. Cut in three-cornered pieces and bake on a greased griddle or in the oven. Serve hot, split, and buttered.

TIME.—To bake, from 20 to 25 minutes. AVERAGE COST, uncertain.

POLENTA AND CHEESE.

INGREDIENTS.—Cold maize meal porridge, butter or oil, grated cheese, salt and cayenne.

METHOD.—Cut the cold polenta into square or oblong pieces about ¾ inch thick. Arrange them on a flat dish or a piedish, in layers, with grated cheese between and over the top. Put a few pieces of butter over, and bake till brown in a good oven. Serve hot.

TIME.—½ an hour. AVERAGE COST, uncertain.

WHEATMEAL PORRIDGE.

INGREDIENTS. — Wheatmeal coarsely ground, water.

METHOD.—Proceed as directed for Oatmeal.

SWEETS

MINCEMEAT.

INGREDIENTS.—6 lemons, ½ lb. of apples, 1 lb. of raisins weighed when picked and stoned, 1 lb. of currants, 1 lb. of sugar, ½ lb. of fresh butter, 2 oz. of candied citron, 2 oz. of candied orange, 1½ saltspoonfuls of cayenne, 1 teaspoonful of mace, 1 teaspoonful of cinnamon, almond essence.

METHOD.—Grate off the lemon-rind, cut the lemons in two, and squeeze out the juice, boil the rinds in water till tender, but not soft, changing the water 4 or 5 times to take out the bitterness, and putting a large teaspoonful of salt in the water in which they are first boiled. When done, drain the water from them, and take out the seeds and inner skins, then chop them with the raisins in a wooden bowl; when finely chopped, add the currants, sugar, and apples (previously prepared as for sauce), the grated rind of the lemons, the juice, ½ a saltspoonful of cayenne pepper, a small teaspoonful of mace, a small teaspoonful of cinnamon, 12 or 15 drops of almond flavour, the candied orange and citron cut in thin slices, and lastly, the butter melted and stirred well in.

AVERAGE COST.—*2s. 2d.*

PASTRY, WITHOUT BUTTER.

INGREDIENTS.—1 lb. of flour, 1 teaspoonful of baking powder, a small wineglassful of salad-oil, water.

METHOD.—Mix the flour and baking-powder. Add the oil to cold water, and stir the paste to a proper consistency for rolling. Fold it over and roll it out 2 or 3 times, place on a baking tin, and bake immediately.

AVERAGE COST.—*3d.*

PLUM PUDDING.

INGREDIENTS.—½ lb. of flour, ½ lb. of currants, ½ lb. of sultanas, 4 oz. of butter, 3 eggs, the grated rind of a lemon, nutmeg, 1 teaspoonful of baking-powder.

METHOD.—Mix the baking-powder with the flour, rub in the butter, and add the currants and raisins, the lemon-peel finely grated, a little nutmeg, and the eggs well beaten. Put it into a buttered basin, boil or steam for 4 hours and serve with white sauce.

TIME.—5 hours. AVERAGE COST, *1s. 2d.* SUFFICIENT for 1 large pudding.

INVALID COOKERY

BEVERAGES

ARROWROOT.

INGREDIENTS.—1 dessertspoonful of arrowroot, 1 teaspoonful of castor sugar, ½ pint of milk or water.

METHOD.—Mix the arrowroot smoothly with a little cold milk, boil the remainder and pour it on, stirring briskly meanwhile. Return to the stewpan, and boil for 5 minutes, stirring all the time. Add the sugar and serve. If preferred, an equal quantity of water may be substituted for the milk.

TIME.—10 minutes. AVERAGE COST, 1½*d.*

BARLEY GRUEL.

INGREDIENTS.—1 oz. of pearl barley, ¾ pint of water, 1 small glass of port wine (optional), 1 teaspoonful of castor sugar, the thinly-cut rind of ¼ of a lemon.

METHOD.—Blanch and strain the barley, replace it in the stewpan with the water and lemon-rind, and simmer for 20 minutes. Strain, sweeten to taste, add the port wine, and serve.

TIME.—¼ an hour. AVERAGE COST, 6*d.*, exclusive of wine.

BARLEY GRUEL (PATENT BARLEY).

INGREDIENTS.—1 tablespoonful of patent barley (flour), pinch of salt, a little cold water, ½ pint boiling water (or milk), sugar or port to taste.

MODE.—Mix the barley well with cold water, until a smooth paste about the thickness of cream is formed; then add to this ½ pint of boiling water (or milk, which is preferable); put into an enamelled saucepan; add sugar or wine to taste; simmer for 10 minutes, stirring all the time with a silver or wooden spoon.

TIME.—10 minutes. AVERAGE COST, 2½*d.*, without spirits. SUFFICIENT to make ½ pint.

BARLEY WATER.

INGREDIENTS.—2 oz. of pearl barley, 2 or 3 lumps of sugar, the thinly-pared rind of ½ small lemon, 1 pint of boiling water.

METHOD.—Cover the barley with cold water, boil for 2 minutes, and strain. Place the barley, sugar, and lemon-rind in a jug, pour in the boiling water, and cover closely. When cold, strain and use. This forms a nutritious, agreeable drink, and it is also largely used to dilute milk, thus making it easier of digestion. A very pleasant drink may be more quickly prepared by using patent barley, following the directions on each packet.

TIME.—1 hour. Cost, 1½*d.*

BLACK CURRANT TEA.

INGREDIENTS.—1 dessertspoonful of black-currant jam, 1 teaspoonful of lemon-juice, 1 teaspoonful of castor sugar, ½ pint of boiling water.

METHOD.—Put the jam, sugar, and lemon-juice into a jug, pour on the boiling water, and stir well. Cover with a plate or saucer, and let the jug stand by the side of the fire for 15 or 20 minutes. Strain and use hot as a remedy for a cold,

or allow it to become cold and use as a beverage to alleviate thirst or hoarseness.

TIME.—20 minutes. AVERAGE COST, 2*d*.

CURDS AND WHEY.

INGREDIENTS.—Milk, rennet.

METHOD.—Rennet varies so much in strength that no definite rules for its use can be given. It may be prepared from the lining of the paunch of a calf, but it is much better to buy it ready prepared. Heat the milk to about 80° Fahr., add rennet according to the printed directions on the bottle, and allow it to stand in a warm place until the curd separates itself from the whey.

EGG AND WINE.

INGREDIENTS.—1 egg, 1 small teaspoonful of castor sugar, 1 glass of port or sherry, an equal quantity of boiling water.

METHOD.—Beat the egg well in a cup, add the sugar, and when dissolved, pour on the hot water, and lastly the wine. Strain into a tumbler and serve.

TIME.—5 minutes. AVERAGE COST, 5*d*. or 6*d*.

EGG NOG.

INGREDIENTS.—1 white of egg, 1 tablespoonful of sherry or brandy, 1 tablespoonful of cream, castor sugar to taste.

METHOD.—Put the wine or brandy into a tumbler, add the cream and a little sugar, and mix well. Whisk the white of egg to a stiff froth, stir it lightly into the contents of the tumbler, and serve.

TIME.—5 minutes. AVERAGE COST, 5*d*.

GRUEL, OATMEAL.

INGREDIENTS.—1 tablespoonful of fine oatmeal, 1 pint of water, or milk and water mixed, sugar to taste, a pinch of salt.

METHOD.—Mix the oatmeal with a little cold water, boil the remainder, pour in the blended oatmeal, and stir until boiling. Simmer gently for ½ an hour, stirring frequently. Strain, add a pinch of salt, and sweeten to taste. Nutmeg, ginger, butter or cream are frequently added when the gruel is intended as a remedy for a cold. A nutritious gruel can also be made with patent groats.

TIME.—35 minutes. AVERAGE COST, 2½*d*., when milk is used.

LEMONADE.

INGREDIENTS.—The juice of 2 lemons, the rind of 1 lemon, 1 pint of boiling water, 4 or 5 lumps of sugar, or to taste.

METHOD.—Remove the rind of 1 lemon in thin, fine strips, place them in a jug, add the strained juice of 2 lemons, and the sugar. Pour in the boiling water, cover, let it stand until cold, then strain, and use.

TIME.—2 or 3 hours. COST, 2*d*.

LINSEED TEA.

INGREDIENTS.—1 oz. of whole linseed, ½ oz. of liquorice, ½ oz. of sugar candy, the juice of ½ a lemon, the finely-cut rind of ¼ of a lemon, 1 pint of cold water.

METHOD.—Wash and drain the linseed, and simmer it with the water, liquorice, and lemon-rind for about ½ an hour. Add the sugar candy, and when dissolved strain and stir in the lemon-juice.

TIME.—40 minutes. COST, 3*d*.

PEPTONIZED GRUEL.

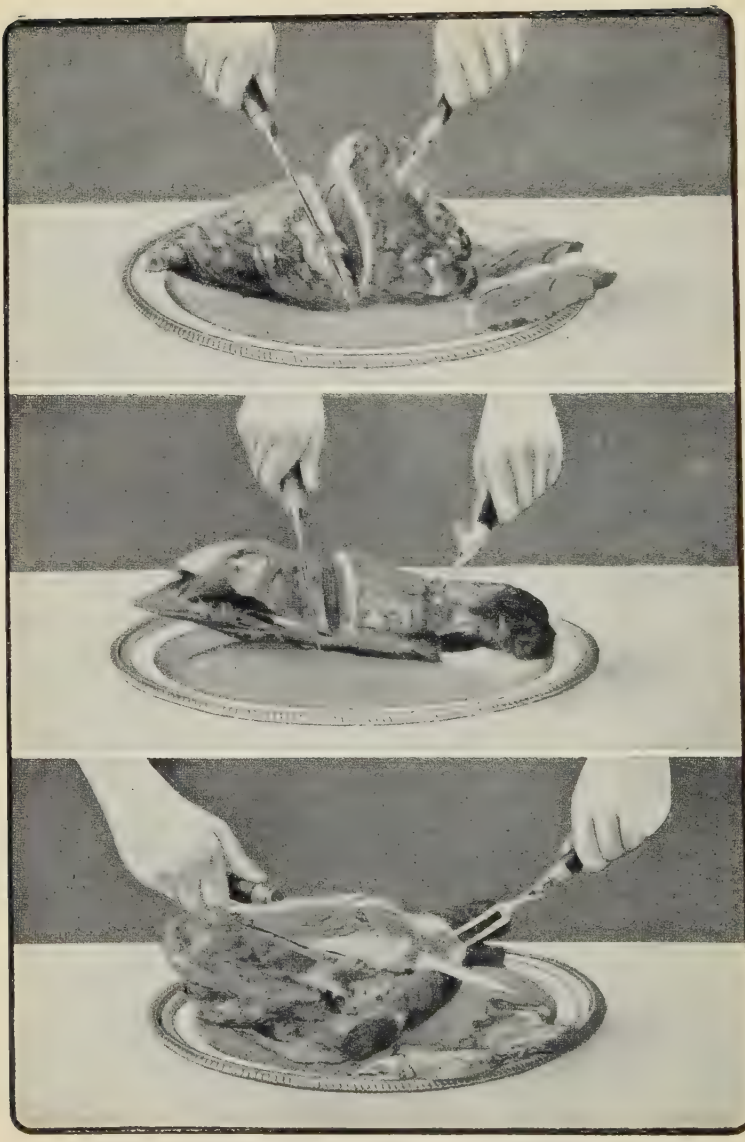
INGREDIENTS.—½ pint of thick gruel, ½ pint of fresh milk, 1 dessertspoonful of liquor pancreaticus, 20 grains of bi-carbonate of soda.

METHOD.—Make the gruel from any farinaceous food preferred, and add to it the cold milk. Stir the liquor pancreaticus and bi-carbonate of soda at once into this warm preparation, cover, and keep it at the same temperature for about ½ an hour. Boil for a few minutes, sweeten and flavour to taste, then serve.

TIME.—40 minutes. COST, 5*d*.

CARVING. No. 1.

1. Sirloin of Beef (Uppercut). 2. Sirloin of Beef (Fillet). 3. Round of Beef.



1. Leg of Mutton. 2. Shoulder of Mutton. 3. Shoulder of Mutton.

RICE WATER (Dr. Pavy).

INGREDIENTS.—1 oz. of Carolina rice, 1 quart of cold water, flavouring.

METHOD.—Wash well 1 oz. of Carolina rice with cold water. Then macerate for 3 hours in a quart of water kept at tepid heat, and afterwards boil slowly for 1 hour, and strain. May be flavoured with lemon-peel, cloves, or other spice. This preparation is useful in dysentery, diarrhœa, etc.

TIME.—4 hours.

TOAST WATER.

INGREDIENTS.—1 crust of bread, 1 pint of cold water.

METHOD.—Toast the bread very brown and hard, but do not burn it, or it will impart a disagreeable flavour to the water. Put it into a jug, pour over it the cold water, let it soak for 1 hour, then strain and use.

TIME.—1½ hours.

WHEY

(*See* **Curds and Whey, and White Wine Whey**).

WHITE WINE WHEY.

INGREDIENTS.—½ pint of milk, ½ glass of sherry, sugar to taste.

METHOD.—Put the milk and wine into a small stewpan, simmer gently until the milk curdles, then strain through a fine sieve. The whey should be served hot; the curds, the indigestible part of the milk, are not used.

TIME.—5 minutes. AVERAGE COST, 3½*d.*

FISH

OYSTERS, STEWED.

INGREDIENTS.—12 oysters, 1 oz. of butter, ½ oz. of flour, 1 yolk of an egg, ½ gill of milk (about), ¼ gill of cream, 1 teaspoonful of lemon-juice, a small blade of mace, salt and pepper.

METHOD.—Blanch the oysters in their own liquor, then strain and add to it enough milk to increase the quantity to ½ pint. Melt the butter in a stewpan, stir in the flour, add the mace, mixed liquor, and milk, and boil from 2 to 3 minutes. Beat the cream and yolk of egg well together, strain them into the sauce, and stir by the side of the fire for 3 or 4 minutes to cook the egg, but do not let it boil or it will curdle. Beard the oysters, cut them into halves or quarters and stir them into the sauce. Season to taste, add the lemon-juice, remove the mace, and serve.

TIME.—20 minutes. AVERAGE COST, 2*s.*

SOLE, GRILLED.

INGREDIENTS.—1 medium-sized sole, butter, salt and pepper.

METHOD.—Trim the sole, and wipe it thoroughly with a damp cloth. Rub it over with a little salt and pepper, and coat it completely with liquid butter. Place the sole on a scrupulously clean, well-buttered grill, and cook over or in front of a clear fire, turning it occasionally during the process. Serve on a dish paper, garnish with parsley and lemon. If allowed, a good white sauce or other suitable sauce may accompany the dish.

TIME.—10 minutes. AVERAGE COST, 1*s.* to 1*s.* 6*d.*

WHITING CREAM.

INGREDIENTS.—1 whiting, which should weigh 4 oz. when freed from skin and bone, 1 oz. of flour, ½ oz. of butter, 1 yolk of egg, ½ gill of milk, ½ gill of cream, pepper and salt.

METHOD.—Melt the butter in a

stewpan, stir in the flour, add the milk, cook until the panada leaves the sides of the pan and forms a compact mass round the bowl of the spoon, then turn on to a plate to cool. Pound the fish in a mortar until smooth, adding the panada, egg, and little seasoning, and pass the mixture through a fine sieve. Whip the cream slightly, stir it lightly into the preparation, which afterwards turn into a well-buttered soufflé mould. Cover with a buttered paper, steam gently from 40 to 45 minutes, then turn out and serve, either plain or with a white fish sauce poured over and round.

TIME.—1¼ hours. COST, 9*d*.

JELLIES

BEEF JELLY.

INGREDIENTS.—1 pint of beef tea, 1 oz. of gelatine, salt and pepper.

METHOD.—Dissolve the gelatine in 2 tablespoonfuls of hot water, add it to the beef tea, and season to taste. Stir until beginning to set, then pour into small moulds, and put aside until firm. In cases where all nourishment must be administered, cold or iced, the above recipe will be found useful.

TIME.—2 or 3 hours. COST, 1*s*. 2*d*.

EGG JELLY.

INGREDIENTS.—2 eggs, 5 oz. of loaf sugar, 1 oz. of gelatine, 2 lemons.

METHOD.—Rub the sugar on the lemon-rind, squeeze and strain the juice, and make up to 1 pint with cold water. Soak the gelatine from 15 to 20 minutes. When ready, turn it into a stewpan, and stir over the fire until the gelatine is dissolved. Separate the whites and yolks of the eggs, whisk the former to a stiff froth, beat the latter slightly and add them, with the sugar, to the contents of the stewpan. Stir by the side of the fire until the sugar is dissolved and the yolks of egg sufficiently cooked, but if allowed to boil it may curdle. Mix in, off the fire and as lightly as possible, the whites of eggs, turn into a mould rinsed with cold water, and when firm unmould and serve. A more solid variety may be made by beating both yolks and whites together.

TIME.—½ an hour. COST, 6*d*.

IRISH MOSS JELLY.

INGREDIENTS.—½ oz. of Irish moss, 1 pint of water, ½ glass of sherry, 1 dessertspoonful of lemon-juice, sugar to taste.

METHOD.—Wash the moss thoroughly, and soak it in cold water for 12 hours. Strain, put it into a stewpan with 1 pint of water, and simmer gently for 5 hours, adding more water as evaporation occurs so as to keep the quantity of liquid to one pint. Strain, sweeten to taste, add the lemon-juice and sherry, and turn into a mould previously rinsed with cold water. Irish moss possesses medicinal properties, but the flavour is somewhat unpalatable, hence the necessity of disguising it with sherry, lemon juice, or other flavouring ingredients.

TIME.—17 hours. COST, 5*d*.

MILK JELLY.

INGREDIENTS.—1 pint of milk, 1½ oz. of loaf or castor sugar, ½ oz. of sheet gelatine, the thinly-cut rind of ¼ of a lemon.

METHOD.—Infuse the lemon-rind in the milk for about 20 minutes, then add the sugar and gelatine, stir until the latter is dissolved, and

take out the lemon-rind. Turn the preparation into a basin, and stir from time to time until it attains the consistency of thick cream. Have ready 1 large mould, or small moulds, rinsed with cold water, pour in the mixture, and place on ice or in a cold place until set.

TIME.—2 or 3 hours. COST, 5*d.*

PEPTONIZED BEEF TEA JELLY.

INGREDIENTS.—½ pint of peptonized beef tea, ½ oz. of sheet gelatine.

METHOD.—Make the beef tea as directed in the preceding recipe, then strain and bring to boiling point. Soften the gelatine in a little cold water, add it to the beef tea, and stir until dissolved. Strain into a mould previously rinsed with cold water, and keep in a cold place until set.

TIME.—2 hours. COST, 1*s.* 1*d.*

RICE JELLY.

INGREDIENTS.—2 oz. of rice, 1 quart of boiling water, 1 inch of cinnamon, sugar to taste.

METHOD.—Pick and wash the rice, put it into the boiling water with the cinnamon, and boil gently for about ¾ of an hour, or until the water becomes thick and starchy. Strain, sweeten to taste, and pour into small moulds rinsed with water. Turn out when firm.

TIME.—2 or 3 hours. COST, 1*d.*

LIQUIDS

BEEF JUICE.

INGREDIENTS.—½ lb. of lean juicy beef-steak, salt and pepper

METHOD.—Remove all fat, and grill the steak quickly on both sides over a clear fire until slightly cooked. Cut it into strips, press out the juice with a lemon-squeezer into a hot cup, season to taste, and serve.

TIME.—To grill the steak, 8 to 10 minutes. COST, 7*d.* or 8*d.*

BEEF TEA.

INGREDIENTS.—1 lb. of gravy beef, 1 pint of cold water, ½ a teaspoonful of salt.

METHOD.—Remove the fat, shred the meat finely, or pass it through a mincing machine. Place it in an earthenware jar, add the water and salt, and cover closely. Place the jar in a saucepan of boiling water, or in a slow oven, and cook for 3 hours, stirring occasionally. Strain, remove carefully all traces of grease, and serve.

TIME.—3 hours. COST, 7*d.*

BEEF TEA AND EGGS.

INGREDIENTS.—¼ pint of beef tea, 1 yolk of egg, salt, toasted bread.

METHOD.—Beef tea, veal tea, mutton tea, or diluted beef essence may be employed in this preparation. Beat the yolk of an egg in a teacup, season lightly with salt, and if allowed, add a little pepper. Heat the beef tea, but do not allow it to boil, and pour it over the yolk of egg, stirring briskly meanwhile. Serve with thin strips of toast.

TIME.—10 minutes. COST, 4*d.*

Lemco is valuable in cases of extreme prostration. It must be prepared with *boiling* water, or it will taste raw. An advantage that this Extract possesses is that it can be ready at a moment's notice.

BEEF TEA CUSTARD.

INGREDIENTS.—¼ pint of good beef tea, the yolks of 2 eggs, the white of 1 egg, salt.

METHOD.—Beat the yolks and white thoroughly together, pour on to it the beef tea, and season to taste.

Have ready a well-buttered cup, pour in the preparation, cover with a buttered paper, and stand the cup in a stewpan containing a little boiling water. Steam very gently for about 20 minutes, then turn out carefully. Serve either hot or cold, or cut into dice, and serve in broth or soup.

TIME.—20 minutes. AVERAGE COST, 5*d.* or 6*d.*

BEEF TEA, RAW.

INGREDIENTS.—2 oz. of lean, juicy beef, 2 tablespoonfuls of cold water, a pinch of salt.

METHOD.—Cut off all skin and fat, shred the meat finely, pour over it the water, add the salt, cover and let it stand for at least 2 hours. When ready to use strain into a coloured glass, and season to taste. This variety of beef tea is more easily digested than any other in consequence of the albumen being contained in an uncooked and therefore soluble condition.

TIME.—2 hours. AVERAGE COST, 1½*d.*

EEL BROTH.

INGREDIENTS.—½ lb. of eel, 3 pints of cold water, ½ a small onion, 2 or 3 sprigs of parsley, 1 bay-leaf, 2 cloves, salt and pepper.

METHOD.—Wash, clean, and skin, the eel, then cut it into small pieces, and put them in a stewpan. Add the water, onions, parsley, bay-leaf, cloves, and a little salt and pepper, and simmer gently for 1½ hours, skimming when necessary. Strain into a basin, let it stand until cold, and remove every particle of fat. Re-heat in small quantities as required.

TIME.—1½ hours. AVERAGE COST, 9*d.*

MUTTON BROTH.

INGREDIENTS.—1 lb. of scrag-end of mutton, 1 quart of water (cold), 1 tablespoonful of rice, 1 teaspoonful of chopped parsley, salt and pepper.

METHOD.—Remove all fat, cut the mutton into small joints, and put it and the water and salt into a a stewpan. Bring to the boil, skim well, then cover and simmer gently for 3 hours, adding the rice about ½ an hour before serving. When ready, take out the meat and bones, cut the former into tiny dice, replace in the broth, add the parsley, season to taste and serve. If preferred, the broth may be strained and simply served with the chopped parsley.

TIME.—3½ hours. AVERAGE COST, 6*d.*

MUTTON TEA.

INGREDIENTS.—½ lb. of lean mutton, ½ pint of water, ¼ of a teaspoonful of salt.

METHOD.—Mutton tea is less generally employed than beef tea, but it is a useful means of varying the diet, and it is both light and easily digested. For invalids it should be prepared as directed for "Beef Tea for Invalids," but a more savoury and palatable preparation for convalescents may be made by gently stewing the meat for 2 or 3 hours.

TIME.—½ an hour. AVERAGE COST, 5*d.*

PEPTONIZED BEEF TEA.

INGREDIENTS.—½ lb. of finely-shredded lean beef, 1 teaspoonful of liquor pancreaticus, 20 grains of bi-carbonate of soda, ½ pint of water, a pinch of salt.

METHOD.—Put the water, beef, and bi-carbonate of soda into a stewpan, heat slowly to 140° F., stirring gently meanwhile, and keep at this temperature for about ½ an hour. Remove from the fire, and when it has cooled down to a lukewarm temperature add the liquor pancreaticus, and allow the vessel to remain covered in a warm place for about 1 hour. Then strain, bring to the boil, season to taste, and serve.

PEPTONIZED MILK.

INGREDIENTS.—½ pint of milk, ½ pint of water, 1 dessertspoonful of liquor pancreaticus, 20 grains of bi-carbonate of soda.

METHOD.—Put the milk and water into an enamelled stewpan, heat it to 140° F., then pour it into a jug containing the liquor pancreaticus and bi-carbonate of soda. Cover the jug, wrap it in flannel, and let it stand in a warm, but not hot, place for 1 hour. Boil up to prevent the bitter taste becoming too much developed. Milk thus prepared can be used for various preparations, or it may be served as ordinary milk, either hot or cold.

TIME. — 1½ hours. AVERAGE COST, 4*d.*

PEPTONIZED SOUPS.

Any purée or stock forming the basis of soup may be peptonized by adding to each pint 1 tablespoonful of liquor pancreaticus and 20 grains of bi-carbonate of soda. As soon as the right stage of peptonization is reached the soup should at once be boiled, otherwise an unpleasant bitter flavour will be imparted to the preparation.

TRIPE SOUP.

INGREDIENTS.—½ lb. of tripe, 1 pint of milk, 1 pint of stock or water, 1 small onion, 1 clove, 1 oz. of butter, ½ oz. of flour, salt and pepper.

METHOD. — Wash the tripe, blanch and drain it, and cook it in the milk and stock or water, with the onion and clove, for an hour or till tender; then mince the tripe finely, and add it to the broth. Melt the butter, stir in the flour, dilute with 1 gill of milk, stir till it boils, and add to the soup. Boil for 10 minutes longer, season slightly, and serve.

TIME.—1½ hours. AVERAGE COST, 7*d.* or 8*d.*

MEAT DISHES

CALF'S FOOT, STEWED.

INGREDIENTS.—1 calf s foot, 1 oz. of butter, 1 oz. of flour, ½ gill of cream, 1 pint of water, 1 small onion sliced, 2 or 3 sprigs of parsley, 2 cloves, 1 small blade of mace, a little finely-chopped parsley.

METHOD.—Wash and blanch the the foot, put it into the stewpan with the spices and vegetables, and stew gently for 3 hours, adding more water if much evaporation occurs. When done, remove the bones, cut the meat into neat pieces, and keep them hot in a little of the stock. Melt the butter in a stewpan, stir in the flour, strain in the stock, boil gently until the sauce becomes thick and smooth, then season carefully and stir in the cream. Arrange the calf s foot neatly on a hot dish, pour the sauce over, sprinkle with parsley, and serve.

TIME. — 3½ hours. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 7*d.*

CHICKEN CUSTARD.

INGREDIENTS. — 3 oz. of raw chicken, 2 yolks of eggs, 1 white of egg, 1 gill of stock or milk, pepper and salt.

METHOD.—Shred the raw chicken finely or pass it through a mincing machine, then pound it in a mortar until smooth, adding the stock or milk gradually, and press it through a fine sieve. Beat the yolks and white of egg well together, stir it into the chicken purée, and add pepper and salt to taste. Pour into well greased china ramakin cases, cover with buttered paper, and steam very gently until firm. If allowed, serve with good white sauce.

TIME.—40 minutes. AVERAGE COST, 1*s.* 10*d.* to 2*s.*

CHICKEN, FILLET OF, STEAMED.

INGREDIENTS.—The breast or wings of 1 chicken, butter, pepper and salt.

METHOD.—Remove the chicken carefully from the bone, sprinkle slightly with salt and pepper, and place in a well-buttered soup plate. Have ready a saucepan of boiling water, put the plate on the top of it, cover with another plate or basin, and cook very gently for about an hour. Serve with its own gravy.

TIME.—¾ hour. AVERAGE COST, uncertain.

CHICKEN, MINCE OF, COOKED.

INGREDIENTS.—4 oz. of cooked chicken or game, 1 oz. of butter, a small dessertspoonful of flour, 1 yolk of egg, 1½ gills of stock or milk, 1 tablespoonful of cream, 1 bay-leaf, or a fine strip of lemon-rind, nutmeg, salt and pepper.

METHOD.—Remove all skin and bone, cut the chicken or game into very small dice, and simmer the bones, trimmings, and bay-leaf in a little water for at least 1 hour. Strain; if necessary, add milk to make up the 1½ gills, or, if more convenient, use milk entirely. Melt the butter in a stewpan, stir in the flour, add the stock, and boil for 10 minutes. Add the prepared chicken; when thoroughly hot stir in the cream and yolk of egg previously beaten together, and season to taste with salt, pepper, and nutmeg. Stir by the side of the fire for 2 or 3 minutes to cook the egg, then serve.

TIME.—10 minutes, after the stock is made. AVERAGE COST, 10*d.* to 1*s.*

CHICKEN OR GAME, FILLETS, GRILLED.

INGREDIENTS.—The breast or wings of 1 raw chicken, butter, salt and pepper.

METHOD.—Remove the bones with a sharp knife, keeping the fillets as intact as possible. Season them lightly with salt and pepper, wrap them separately in well-buttered white paper, and grill over or in front of a clear fire. Turn 2 or 3 times during the process, which should occupy from 10 to 12 minutes. Serve plainly, or with a little maître d'hôtel butter, or any sauce liked or allowed.

TIME.—12 minutes. AVERAGE COST, uncertain.

CHICKEN PANADA.

INGREDIENTS. — ¼ lb. of raw chicken, ½ gill of cream, pepper and salt.

METHOD.—Pass the chicken-meat twice through a mincing machine, then weigh it and place it in a well-buttered jar. Cover closely with buttered paper stand the jar in a saucepan, surround it to half its depth with boiling water, and cook very gently for 1 hour. When ready, pound in a mortar until smooth, adding the liquor gradually, rub through a fine sieve, and stir in the cream previously whipped. Season to taste, and serve either hot or cold on strips of thin crisp toast.

TIME.—1½ hours. AVERAGE COST, 1*s.* 6*d.* to 2*s.*

CHOP, STEAMED.

INGREDIENTS.—1 lamb or mutton chop, 1 very small, finely-chopped onion, ¼ pint of mutton broth or water, 1 tablespoonful of rice, salt and pepper.

METHOD.—Trim off all the fat, place the chop in a stewpan, add the broth or water, onion and a little salt. Cover closely, and cook gently for ½ an hour, then add the rice and continue the slow cooking for 1 hour longer. Serve with the rice and gravy.

TIME.—1½ hours. COST, 6*d.*

Note.—For other methods of preparing mutton chops and cutlets, *see* recipes for Cooking Lamb and Mutton.

EGG, CODDLED.

INGREDIENTS.—1 new-laid egg.

METHOD.—Place the egg in boiling water, put on the lid, and let the stewpan stand for 7 or 8 minutes where the water will keep hot without simmering. An egg cooked in this manner is more easily digested than when boiled in the ordinary way.

TIME.—7 or 8 minutes. AVERAGE COST, 2*d*.

MUTTON, MINCE OF, FRESH.

INGREDIENTS.—6 oz. of lean mutton, ½ oz. of butter, 1 teaspoonful of flour, ¼ of a teaspoonful of finely-chopped onion, ¼ pint of stock or water, salt and pepper, toasted bread.

METHOD.—Select tender, juicy meat, trim off all the fat, and cut the lean into tiny dice. Melt the butter in a stewpan, fry the onion lightly, add the meat, and cook gently for a few minutes, browning it slightly. Stir in the flour, add the stock, and a little salt and pepper, and simmer very gently until tender (about ½ an hour). Serve garnished with triangles of thin toasted bread.

TIME.—40 minutes. AVERAGE COST, 6*d*.

TRIPE, STEWED.

INGREDIENTS.—½ lb. of tripe, ½ pint of milk, 1 oz. of flour, 1 finely-chopped onion, pepper and salt.

METHOD.—Cover the tripe with cold water, bring it to boil, drain well, and cut into 1-inch squares. Replace it in the stewpan, add the milk, onion, and a seasoning of salt and pepper, bring to the boil, and simmer very gently for 2 hours. Ten minutes before serving, add the flour mixed smoothly with a little cold milk, stir until boiling, simmer for 5 minutes longer, and serve.

TIME.—2¼ hours. AVERAGE COST, 10*d*.

PUDDINGS, ETC

ARROWROOT SOUFFLÉ.

INGREDIENTS.—1 oz. of arrowroot, ½ oz. of sugar, 2 eggs, ½ pint of milk, bay-leaf, or other flavouring.

METHOD.—Mix the arrowroot smoothly with a little cold milk, boil the remainder with the flavouring ingredient, and let it infuse for 10 or 15 minutes. Strain on to the arrowroot, stirring briskly meanwhile; return the preparation to the stewpan, and simmer gently for about 10 minutes. Add the sugar, beat each yolk separately into the mixture, and lastly stir in the stiffly-whisked whites. Have ready a well-buttered china baking-dish, pour in the preparation, and bake in a hot oven from 25 to 30 minutes.

TIME.—1 hour. COST, 4*d*.

BARLEY CUSTARD PUDDING.

INGREDIENTS.—1 oz. of patent barley, ½ oz. of butter, 1 teaspoonful of castor sugar, 1 large egg, 1½ pint of milk, salt, nutmeg.

METHOD.—Mix the barley smoothly with a little cold milk, boil up the remainder, and pour it over the barley, stirring meanwhile. Add the butter, sugar, and a pinch of salt, replace in the stewpan, and stir the mixture until it boils. Cool slightly, beat in the yolk of egg, and lastly add the white of egg previously stiffly whisked. Turn into a buttered piedish, grate a little nutmeg on the top, and bake gently for 10 minutes.

TIME.—20 minutes. AVERAGE COST, 3½*d*. SUFFICIENT for 1 or 2 persons.

CUSTARD MOULD.

INGREDIENTS.—3 eggs, 1 oz. of castor sugar, ¾ of an oz. of gelatine, 1 pint of milk, vanilla pod, bay-leaf or other flavouring.

METHOD.—Boil the flavouring ingredient in the milk, and infuse for about 20 minutes. Beat the eggs lightly, pour over them the hot, but not boiling, milk, stirring well meanwhile, and add the sugar. Return to the stewpan, cook by the side of the fire until the eggs thicken, but do not let them boil, then pour the preparation on to the gelatine in a basin. Stir until dissolved, then turn into a mould or dariol moulds rinsed with cold water. When firm turn out, and serve with a little wine sauce or fruit syrup.

TIME.—½ an hour. COST, 8*d*.

IRISH MOSS BLANCMANGE.

INGREDIENTS.—½ pint of milk, 1 tablespoonful of Irish moss, flavouring, salt.

METHOD.—Wash the moss in several waters, and pick it over carefully. Put it into a stewpan with the milk and a pinch of salt, bring to the boil, and simmer for a few minutes, or until it thickens when a little is dropped on a cold plate. Strain and flavour to taste, pour into small moulds previously rinsed with cold water, and when firm turn out and serve.

TIME.—2 hours. COST, 2*d*.

PORRIDGE.

(*See* **Oatmeal Porridge.**)

SEMOLINA CREAM.

INGREDIENTS.—1 oz. of semolina, 1¼ pints of milk, ½ oz. of gelatine, sugar and flavouring to taste.

METHOD.—Soak the semolina in a ¼ pint of milk for 1 hour, then put it into a stewpan with another ½ pint of milk, and simmer gently for about ½ an hour. Boil the remaining ½ pint of milk, pour it over the gelatine, and stir until it is dissolved. Mix this with the semolina, sweeten and flavour to taste, stir until the cream is beginning to set, and pour into a wet mould. Turn out when set.

TIME.—2 hours. AVERAGE COST, 4½*d*.

SUET PUDDING.

INGREDIENTS.—3 oz. of finely-chopped beef suet, 1¼ oz. of sugar, 6 oz. of flour, 1 egg, salt.

METHOD.—Mix the suet flour, sugar, and a pinch of salt together, and beat and add the egg. Mix well, turn into well-greased dariol moulds, cover with buttered paper, and steam from 50 to 60 minutes. Serve with honey, jam, or golden syrup.

TIME.—To cook the puddings, from 50 to 60 minutes. AVERAGE COST, 3½*d*. SUFFICIENT for 3 or 4 persons.

CARVING. No. 3.

1. Sole. 2. Cod. 3. Plaice.

CARVING. No. 4.

1. Turbot. 2. Mackerel. 3. Salmon.

CARVING

In the succeeding pages will be found full directions for carving fish, meat, poultry, and game, and accompanying illustrations to help out the instructions. A careful study of the same will prevent any one from making any grave error: but at the same time, as practice alone makes perfect, all opportunities of carving should be taken advantage of, and carvers should be watched.

When carving a slice of meat, after the first incision has been made, the angle at which the knife is held must never be altered, or a jagged slice will be obtained. When the way to control the knife has been mastered, the keystone to successful carving has been acquired.

The cut should be direct, sharp, and incisive. A saw-like action should never enter into the operation.

Generally speaking, the knife should be held firmly, but it cuts best when applied lightly, and less gravy is squeezed from the meat when the pressure is slight. By using the point of the knife lightly as a wedge, and the fork as a lever, even a big turkey or goose may be easily jointed, provided the carver is aware exactly how the joint is situated and held together. Every assistance should be given the carver by providing him with a thin sharp-bladed knife of suitable size, and by serving whatever is to be carved on a dish large enough to allow the joint or bird to be turned to the most convenient position for the purpose. The dish should also afford space for carved portions, for an expert carver will, with a few strokes of the knife, disjoint a bird, and usually prefers to do so before beginning to serve any part of it. Carving is always more easily and pleasantly performed when the dish contains neither gravy nor garnish.

A steel knife and fork should never be used for fish, because contact with this metal is apt to spoil its flavour, and a silver or plated slice and fork should be provided for carving and serving. When serving fish be careful not to break the flakes, which ought to be served as entire as possible, though short-grained fish, such as salmon, should be cut lengthwise.

The carving of loins and necks of either veal, mutton, or lamb must in some measure be determined by the size of the joints, but if the butcher has separated the chine bone into narrow divisions, the carver should have no difficulty in cutting suitable portions. He can then cut between the bones, and each bone with meat attached should be of a convenient size for serving.

Some joints, such as the undercut of a sirloin of beef, or the knuckle end of a leg of mutton, are best when eaten hot; others are equally good either hot or cold, but sometimes by using only one particular part the joint may present a better appearance when served cold. Thus, if the under side of either a shoulder or leg of mutton is cut without encroaching on the upper surface,

when the joint is turned over it will have almost the appearance of an uncut one. Moreover, multiplied cut surfaces provide means of escape for the juices of the meat, and as a natural consequence leave a dry and flavourless cold joint. Meat should always be cut across the grain, the one exception to the rule being the saddle of mutton, which is nearly always carved at right angles to the rib bones, in slices running parallel with the fibres or grain of the meat. When the joint or bird is stuffed a little of the forcemeat should be served with each portion, and the same rule applies to the watercress used to garnish birds and the toast upon which many small birds are dished. The gravy may be poured over brown meats, but it should always be put at the side of chicken, veal, and white meats.

Ham and beef should be carved into very thin slices, and mutton and pork into fairly thick ones. Joints that have to be carved should be served on dishes without any gravy or dressing.

To Sharpen the Carving Knife.—Hold the steel in the left hand, which should be on a level with the elbow, pointing the steel towards the right shoulder, and hold the knife almost perpendicularly in the right hand. Place the hilt of the knife's edge at the top of the steel, and draw the blade downwards the whole length of both steel and knife, first on one side and then on the other—i.e., so that the point of the knife finishes at the hilt of the steel. The blade should be almost flat on the steel with the back slightly raised but with only the edge touching it.

TO CARVE FISH

Cod (*Illustration No.* 3, *Fig.* 2).—Cut in fairly thick slices through to the centre bone and detach just above it. Of this fish, the parts about the backbone and shoulders are the firmest, and most esteemed, The sound, which lines the fish beneath the back bone, is considered a delicacy, as are also the gelatinous parts about the head and neck.

Eel and all Flat Fish.—The thick part is the best.

Lobster, To Dress.—Insert the knife at the centre of the back and cut through towards the tail. Then turn the lobster round and cut through towards the nose. Now remove the "brains." These are usually of a greenish colour and are found on either side of the lobster's head. Crack the claws with a hammer and arrange the fish on a dish, garnishing with fresh parsley. The tail of the lobster is the prime part, and next to that the claws.

Mackerel (*Illustration No.* 4. *Fig.* 2).—First cut along the backbone of the fish. Then insert the fish-knife at this part and cut through, separating the upper half of the fish, which may be divided ; when the fish is of moderate size serve for two helpings only. Next remove the backbone, tail, and head, and divide the lower half.

Salmon (*Illustration No.* 4, *Fig.* 3).—First run the knife down the centre of the back and along the whole length of the fish. Then cut downwards from the backbone to the middle of the fish, cut through the centre and remove the piece from the back. Next cut the lower part of the fish in the same manner.

A slice of the thick part should always be accompanied by a smaller piece of the thin from the belly, where lies the fat of the fish.

Sole, Boiled or Fried (*Illustration No.* 3, *Fig.* 1).—The usual way

of helping this fish is to cut it quite through, bone and all, distributing it in nice and not too large pieces. The guests should be asked which part they prefer. The middle part is generally thought better than either head or tail. The head should be cut off—not laid on a guest's plate. In helping filleted soles, one fillet is given to each person.

Plaice (*Illustration No.* 3, *Fig.* 3).—First run the knife down the centre of the fish. Then cut downwards (only through to the bone) and remove portions in the manner shown in the illustration. Next take away the backbone and head of the fish, and treat the lower half the same way.

Turbot (*Illustration No.* 4, *Fig.* 1).—First run the fish-slice down the thickest part of the fish, quite through to the bone, and then cut slices towards the sides of the fish and upwards, as shown in the engraving. When the carver has removed all the meat from the upper side of the fish, the backbone should be raised, and the under side helped as the upper. The thick parts of the middle of the back are the best slices in a turbot; and the rich gelatinous skin covering the fish, as well as a little of the thick part of the fins, are dainty morsels, and small portions should be placed on each plate.

Brill and John Dory.—These are carved in the same manner as a turbot. The fillet near the head of a John Dory is the best part.

Whiting, Haddock, etc.—Whiting, pike, haddock, and similar fish, when of sufficiently large size, may be carved in slices from each side of the backbone in the same manner as salmon, each fish serving for four or more slices. When small, they may be cut through, bone and all, and helped in nice pieces. A small whiting is served whole; a middle-sized fish in two pieces.

TO CARVE BEEF

Aitchbone of Beef.—A very simple joint to carve, Cut nice thin slices off the top side as "Round of Beef." As with the latter joint it may sometimes be desirable to cut a thick slice off at first.

Brisket of Beef.—The point to be observed is that the joint should be cut evenly and firmly quite across the bones, in slices the whole width of the joint, so that on its re-appearance at table it should not have a jagged and untidy look.

Beef Tongue. — Cut nearly through across the tongue at the thick part and then serve a fairly thick slice. The carving may be continued in this way towards the point until the best portions of the upper side are served. The fat lies about the root of the tongue.

Ribs of Beef.—The mode of carving is similar to that of the upper cut of the sirloin, viz., cut in slices off the sides, starting at the thick end and through to the other, as shown in Carving Illustration No. 1, Fig. 1. This joint will be the more easily cut if before commencing to carve it into slices the knife is inserted immediately between the bone and the meat.

Sirloin of Beef (*Illustration No.* 1, *Figs.* 1 *and* 2).—This dish is served differently at various tables, some preferring it to come to table with the fillet, or, as it is usually called, the undercut, uppermost (see Fig. 2.) The reverse way, as shown in the first illustration, is that most usually adopted. Still, the undercut is one of the primest parts of beef, and is best eaten when hot; consequently the carver

himself may raise the joint, and cut some fairly thick slices out of the inner side, in the manner shown in Fig. 2. The upper part of the sirloin should be cut in the direction that the knife is travelling in Fig. 1, and care should be taken to carve it evenly and in thin slices. In carving this joint, the knife should be first inserted just above the bone at the bottom, and run sharply along between the bone and meat, and also to divide the meat from the bone in the same way at the side of the joint. The slices will then come away more readily.

Round of Beef (*Illustration No.* 1, *Fig.* 3).—Off the outside of the joint, at its top, a thick slice should first be cut, so as to leave the surface smooth ; then thin and even slices should be carved as shown in the illustration.

TO CARVE VEAL

Calf's Head.—A calf's head is nearly always boned before serving, and is then cut into slices like any other boned and rolled joint. When the bones have not been removed, cut strips from the ear to the nose ; with each of these should be helped a piece of what is called the throat sweetbread, cut in semi-circular form from the throat part. The eye and the flesh round are favourite morsels with many, and should be given to those at the table who are known to be the greatest connoisseurs. The jawbone being removed, there will then be found some nice lean, and the palate, which is reckoned by some a tit-bit, lies under the head. On a separate dish there is always served the tongue and brains, and each guest should be asked to take some.

The other joints of veal do not call for special mention.

TO CARVE MUTTON AND LAMB

Fore-quarter of Lamb.—In carving a fore-quarter of lamb, the separation of the shoulder from the breast is the first point to be attended to. Its shape is easily seen and it can be cut away quite easily after a little practise. In dividing the shoulder and breast take care not to cut away too much of the meat from the latter, as that would rather spoil its appearance when the shoulder is removed. Unless the whole of the quarter is to be cut up, the shoulder should be transferred to another dish and put aside to be served cold. The joint is then ready to be served to the guests ; cutlets are carved from the ribs, and the shoulder is carved in the usual manner. When the shoulder is being used, the carver may ask those at the table which parts they prefer, ribs, brisket, or a piece of shoulder, or he may serve a piece of shoulder and a cutlet in each portion.

Leg of Mutton (*Illustration No.* 2, *Fig.* 1).—The knife should be carried sharply down, and slices taken from either side, as the guests may desire, some liking the knuckle end as well done, and others preferring the more underdone part. The fat should be sought near the bottom corner of the thick end.

Loin of Mutton.—A loin of mutton should be thoroughly well jointed by the butcher. This task is

CARVING. No. 5.

1. Roast Fowl. 2. Boiled Fowl. 3. Boiled Fowl.

1. Roast Turkey. 2. Roast Turkey. 3. Roast Duck.

frequently imperfectly performed; therefore it is advisable to examine the loin before cooking it, and carefully joint any part that has been neglected. The knife should be inserted in the thick side of the joint, and after feeling a way between the bones, it should be carried sharply through, separating each chop in the same manner.

Saddle of Mutton—The method adopted in carving this joint is contrary to the general rule of cutting meat, across the grain; in this case, the meat is carved across the ribs, in slices running parallel with the backbone and the fibres or grain of the meat. Each long slice should be cut across into two or three pieces, according to its length, and with each portion is usually served a small piece of fat cut from the bottom of the ribs where the joint rests on the dish, and some good gravy. Red-currant jelly is served separately.

Shoulder of Mutton (*Illustration No. 2, Figs. 2 and 3.*)—The joint should be raised from the dish and as many slices cut away as can be taken in the manner shown in Fig. 2; afterwards the meat lying on either side of the bladebone should be served, by carving from the knuckle end. The uppermost side of the shoulder being now finished, the joint should be turned, and slices taken off along its whole length. There are some who prefer the underside of the shoulder for its juicy flesh, although the grain of the meat is not so fine as that on the other side, and this is served in the manner shown in Fig. 3.

TO CARVE PORK

Sucking-Pig.—A sucking-pig is usually sent to table split in half and the head separated from the body. The first point to be attended to is to separate the shoulder from the carcass, which is done in the same way that the shoulder of a fore-quarter of lamb is separated. The next step is to take off the leg, and this is done in the same way. The ribs then stand fairly open to the knife, and two or three helpings will dispose of these. The other half of the pig is served, of course, in the same manner. Different parts of the pig are variously esteemed, some preferring the flesh of the neck, others the ribs, and others, again, the shoulders.

Ham.—In cutting a ham, the carver must be guided according as he desires to practise economy, or have, at once, fine slices out of the prime part. Under the first supposition he will commence at the knuckle end, and cut off thin slices towards the thick part of the ham, slanting the knife from the thick part to the knuckle. To reach the choicer portion, the knife, which must be very sharp and thin, should be carried quite down to the bone, at the centre of the ham, which is then carved in the manner shown in the illustration.

The other dishes of pork do not call for any special remarks as to their carving or helping.

TO CARVE POULTRY

Roast Duck (*Illustration No. 6, Fig. 3*).—No dishes require so much knowledge and skill in carving as game and poultry, for it is necessary to be well acquainted with the anatomy of the bird and animal in order to place the knife at exactly the proper point. A young duck or duckling is carved in the same manner as a chicken. First remove

the wings, then the breast should be cut off the bone in one slice, or several slices if very plump. The legs are next removed and divided at the joints, and the foot and the bone to which it is attached should be cut off before serving. When stuffing has been introduced, the skin should be cut across and the farce scooped out with a spoon. "The wings of a flyer and the legs of a swimmer" are generally considered the best portions.

Boiled Fowl (*Illustration No. 5, Figs. 2 and 3*).—Though the legs of a boiled fowl are hidden beneath the skin, the method of carving is not affected, and the following directions may be applied to birds either roasted or boiled. The fork should be inserted firmly in the breast of the bird, and with a sharp knife a downward cut made between the thigh and the body, after which an outward turn of the blade of the knife usually detaches the leg sufficiently to allow the joint connecting it to the body to be easily severed. With the fork still inserted in the breast, the next step should be to remove the wings. In doing this a good carver will contrive by cutting widely, but not deeply, over the adjacent part of the breast, to give to the wing the desired shape without depriving the breast of much of its flesh. When carving a large fowl the breast may be sliced; otherwise it should be separated from the back by cutting through the rib bones, the only difficulty in carving this part being the small hinge-bones near the neck. The breast should be cut across in half, thus providing two portions, to which may be added, when a larger helping is desired, a slice off the thigh. Cut lengthwise into rather thin slices; the legs may be satisfactorily disposed of even when those to be served consist of persons to whom a whole leg could not be offered. To conclude the carving the back should be turned over with the cut side to the dish, and if the knife be pressed firmly across the centre of it, and the neck raised at the same time with the fork, the back is easily dislocated about the middle. To remove the sockets of the thigh-joints (the side-bones to which is attached choice morsels of dark-coloured flesh) the tail part of the back must be stood on end, and held firmly by means of the fork, while the bones are cut off on either side. The more highly esteemed parts of a fowl are the breast, wings, and merrythought: the thigh may be served to a gentleman, but the drum sticks should be put aside, and used afterwards in some way that necessitates the flesh being minced. A fowl, when boned and stuffed, is usually cut across in slices.

Roast Fowl (*Illustration No. 5, Fig. 1*).—Fowls, when roasted, are carved in exactly the same manner as when boiled, therefore the foregoing directions and illustrations render it unnecessary to describe the operation again. When the liver and gizzard have been trussed and cooked with the fowl, the wing to which the liver is attached may be regarded as the choice portion of the bird, and should be offered to the person entitled to the most consideration in this respect. When the fowl is stuffed, a little forcemeat should be served with each portion, but it is better to hand the gravy and bread sauce separately.

Roast Goose.—The breast of a goose is the part most esteemed, therefore when the bird is larger than is necessary to meet the requirements of one meal, it frequently happens that the carving is confined solely to the breast. The carver should, however, consult the tastes of those he is serving with reference to choice of parts, for the leg is sometimes preferred. A large number of slices may be cut off the breast, and as the wing is the part least esteemed, the flesh of the upper part of it may with advantage

be included in the slices cut from the breast. When onion farce has been employed it is advisable to ascertain if it be agreeable to the taste of the person for whom the portion of goose is intended, for so many dislike the farce itself, although they may like the flavour imparted to the bird by its use. The directions given for carving a boiled fowl may be applied here, although greater force will most probably be required in detaching the various parts. When the goose is stuffed with onion farce it is nearly always accompanied with apple sauce and gravy, both of which should, when convenient, be handed separately.

Roast Turkey (*Illustration No. 6, Figs. 1 and 2*).—A small turkey may be carved in the same manner as a large fowl (see directions for carving the same); and no bird is more easily carved than a large turkey, for the breast alone may, when properly carved, be made to serve a large number of persons. If more meat is required than the breast provides, the upper part of the wing should be served. When it is necessary for the legs to be carved, they should be severed from the body and then cut into slices. The forcemeat in the crop of the bird should be carved across in thin slices, and when the body is stuffed, the apron should be cut across.

A boiled turkey is carved in the same manner as when roasted.

Pigeon.—Carry the knife entirely through the centre of the bird, cutting it into two precisely equal and similar parts. If it is necessary to make three pieces of it, a small wing should be cut off with the leg on either side, thus serving two guests; and, by this means, there will be sufficient meat left on the breast to send to the third guest.

Rabbits.—In carving a boiled rabbit the knife should be drawn on each side of the backbone, the whole length of the rabbit, thus separating the rabbit into three parts. Now divide the back into two equal parts, then let the leg be taken off, and next the shoulder.

A roast rabbit is trussed differently from one that is meant to be boiled; but the carving is nearly similar. The back should be divided into as many pieces as it will give, and the legs and shoulders can then be detached in the same manner as those of the boiled animal.

TO CARVE GAME

Blackcock.—The method of carving blackcock is identical with that for boiled fowl. The breast and the thigh are the only parts esteemed; the latter may be cut lengthwise into thin slices, or served whole.

Wild Duck.—As game is almost universally served as a dainty, these dishes are not usually cut up entirely, but only those parts are served of each which are considered the best flavoured and the primest. Of wild fowl, the breast alone is considered by epicures worth eating, and slices are cut; if necessary, the leg and wing can be taken off by generally following the directions described for carving boiled fowl.

Roast Hare.—Place the hare on the dish with the head at the left hand. Make an incision, and cut along the spinal bone from about the centre of the back to the end. Then cut through the side at the point where the incision was made, and then cut the portion away. Then cut off the hind leg in the way that the leg of a fowl is severed, and afterwards the foreleg or wing. It

is the usual plan not to serve any bone in helping hare ; and thus the flesh should be sliced from the legs and placed alone on the plate. Plenty of gravy should accompany each helping, otherwise this dish, which is naturally dry, will lose half its flavour, and so become a failure. Stuffing is also served with it, and the ears, which should be nicely crisp, and the brains of the hare, are esteemed as delicacies.

Grouse.—Grouse may be carved in the way first described in carving partridge. The backbone of the grouse is highly esteemed, and this part of many gamebirds is considered to possess the finest flavour.

Partridges.—The usual method is to carry the knife sharply along the top of the breastbone and cut it quite through, thus dividing the bird into two equal parts. When smaller portions are desired the bird is sometimes divided into three parts. The legs and wings may be easily severed from the body in the manner described for boiled fowl, while the breast, if removed intact, will provide a third helping. Another easy and expeditious way of carving birds of this description is to cut them through the bone lengthwise and across, thus forming four portions. A piece of toast should accompany each portion sometimes the fried breadcrumbs, bread sauce, and gravy are added by the carver, but it is better to hand them separately.

Pheasant.—The choice parts are the breast and wings. Carve in exactly the same manner as roast or boiled fowl.

Snipe.—One of these small but delicious birds may be given whole to a gentleman, but in helping a lady it will be better to cut them quite through the centre, completely dividing them into equal and like portions, and put only one half on the plate.

Haunch of Venison.—An incision being made completely down to the bone, the gravy will then be able easily to flow, when slices, not too thick, should be cut along the haunch, the thick end of the joint having been turned towards the carver, so that he may have a more complete command over the joint. Each guest should be served with a portion of fat. Like mutton, venison soon begins to chill.

Woodcock.—This bird may be carved by cutting it exactly into two like portions, or made into three helpings, as described in carving partridge. The backbone is considered the tit-bit of a woodcock, and by many the thigh is also thought a great delicacy.

Miscellaneous. — Landrail is carved in the same manner as snipe. Ortolans are usually helped whole, but may be divided. Ptarmigan is carved in the same way as grouse and partridge. Plovers and quails are trussed and served and carved like woodcock. Teal and widgeon are trussed, served, and carved like wild duck.

WAITING AT TABLE AND SERVIETTES

WAITING AT TABLE.

It would be out of place in this book to give instructions for those who wait at table in large establishments, where butler or butlers and footmen are kept. In the majority of good middle-class houses, the parlour-maid does the waiting, assisted by one or more housemaids, and in many cases, housemaids combine the duties of parlour-maid. No matter, however, whether one or many are employed, the method of waiting is the same in some respects.

Say we take parlour-maid and housemaid; the former takes precedence of the latter, just as a butler does of a footman. The parlour-maid would hand the plates and the housemaid would follow with vegetables and sauces; the parlour-maid would also pour out the wine. Directly a plate is finished with, it should be removed; or if there is but one servant, who has to leave the room to bring in the dishes, it must be remembered that the plates must be taken away first, and the dishes last. As the plates are removed fresh ones for the next course, if it is one to be handed, are placed to each person; and in clearing it is usual to put the knives and forks in separate receptacles and the plates in a zinc basket. Before dessert, the crumbs are taken from the cloth with a scoop or brush and a tray, and a plate, finger-glass, knives and forks, and glasses placed according to the wine to be served.

Serving should always commence from the right-hand side of the master of the house, for there will be found the lady highest in rank. Let it be the aim of those who wait at table to be attentive, quick and quiet, and to have their dress, in every detail, the perfection of neatness and cleanliness.

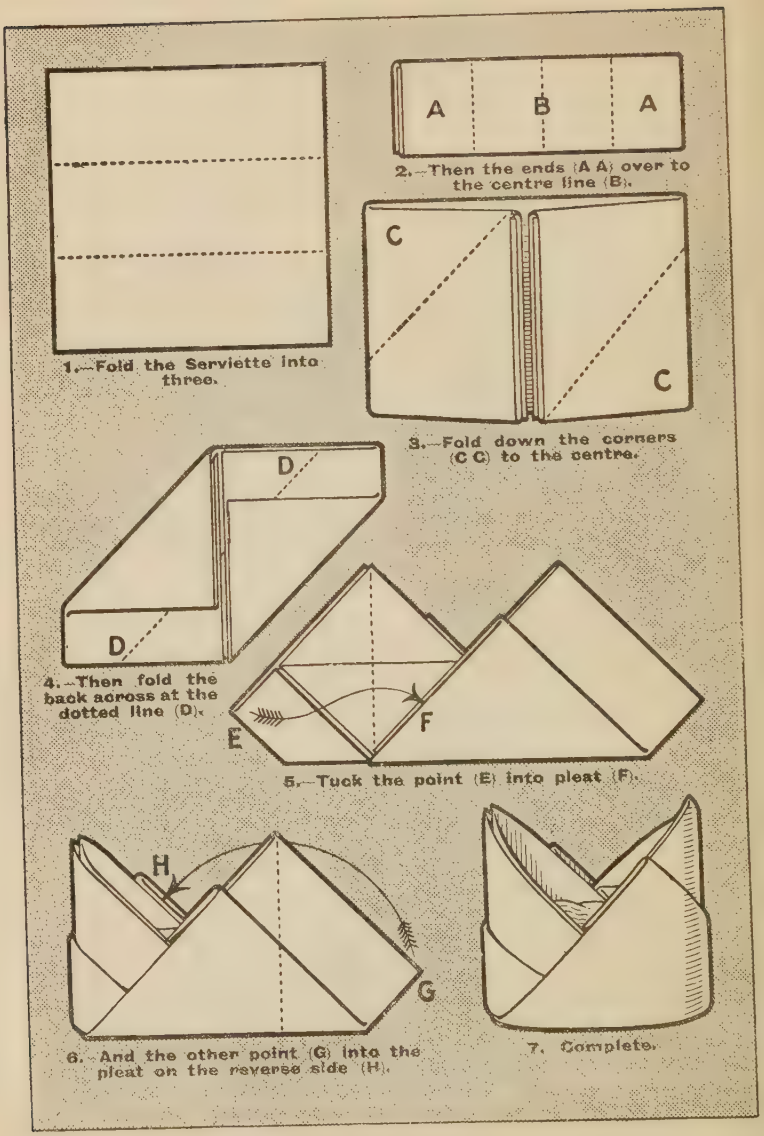
MENU CARDS.

It is usual now at quiet unostentacious houses to have these; and very much pleasanter it is to know what is to be served, at even very simple dinners.

Very pretty cards are sold for writing menus upon, and china ones, which can be used again and again, are very suitable for home use. It is not considered necessary to have a menu card for every person, but it is certainly pleasanter not to share them. If there are, however, only one to each two persons, they should be placed between the plates; while if for the home party only two or four are used, they should be placed where all can see them.

SERVIETTES.

The custom of folding serviettes otherwise than plainly is not now generally adopted. Even at elaborate luncheons and dinners the serviette is laid flat upon the plate, neatly folded, just as it left the hands of the laundress. The accompanying illustrations depict a few favourite designs; that are easily manipulated when the serviettes are slightly starched, smoothly ironed, and evenly folded.



1.—Fold the Serviette into three.

2.—Then the ends (A A) over to the centre line (B).

3.—Fold down the corners (C C) to the centre.

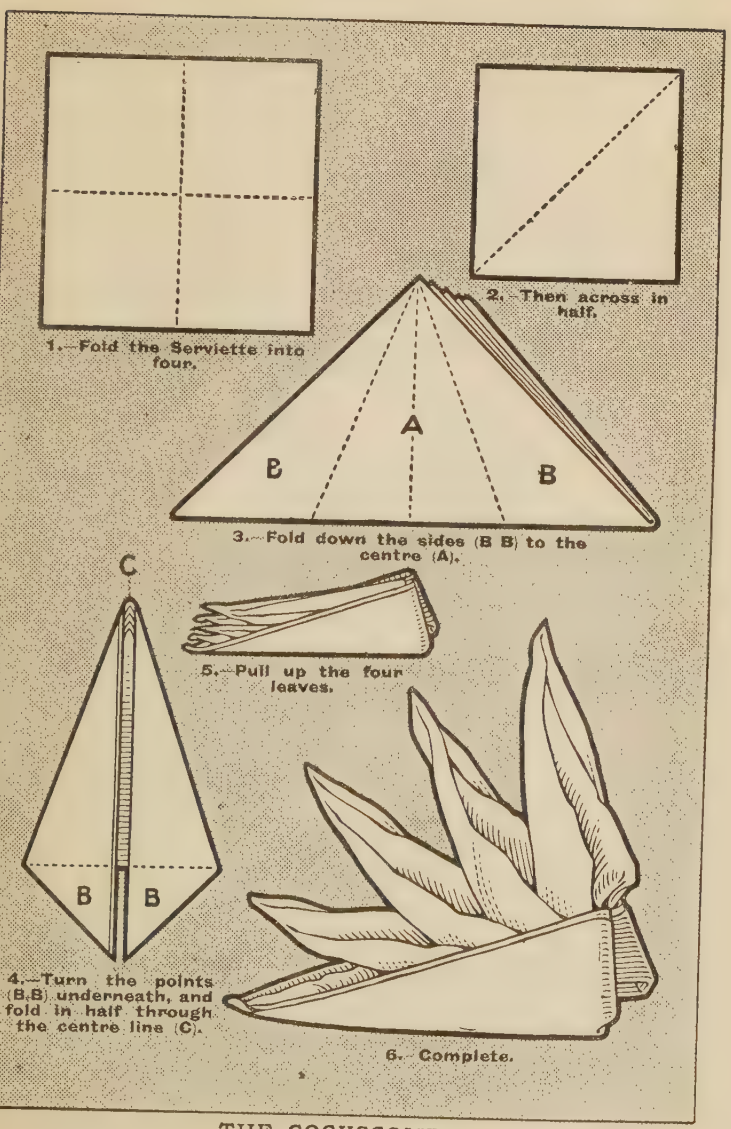
4.—Then fold the back across at the dotted line (D).

5.—Tuck the point (E) into pleat (F).

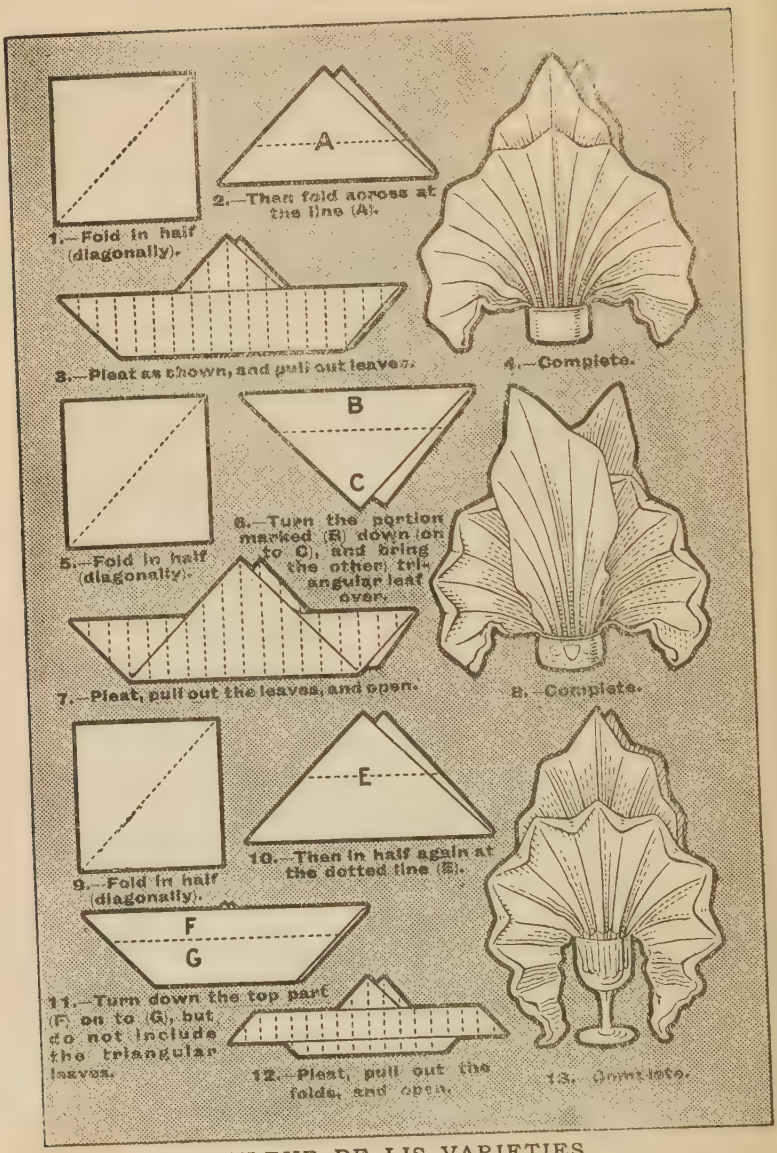
6.—And the other point (G) into the pleat on the reverse side (H).

7. Complete.

THE MITRE.



THE COCKSCOMB.


1.—Fold in half (diagonally).
A
2.—Then fold across at the line (A).
3.—Pleat as shown, and pull out leaves.
4.—Complete.
5.—Fold in half (diagonally).
B
C
6.—Turn the portion marked (B) down on to C), and bring the other triangular leaf over.
7.—Pleat, pull out the leaves, and open.
8.—Complete.
9.—Fold in half (diagonally).
E
10.—Then in half again at the dotted line (E).
F
G
11.—Turn down the top part (F) on to (G), but do not include the triangular leaves.
12.—Pleat, pull out the folds, and open.
13.—Complete.

FLEUR DE LIS VARIETIES.

THE TABLE

TABLE ARRANGEMENTS.

There are a few general rules which apply equally to mansion and cottage. However simple may be the meal, and however coarse in texture the cloth, it should be clean, free from creases, and arranged smoothly with the centre fold forming a true line the whole length of the table. The knives should be clean, bright and sharp, and the silver clean and well polished. A few simple rules should be enforced, such as removing the crumbs and folding the cloth on the table, instead of allowing it to be shaken and folded outside the room; that after each meal all knives should be cleaned and made ready for use and, what is still more important, that such articles as silver-plated dishes, spoons, etc., after having gone through the ordinary process of washing-up, should be re-washed with soap and hot water, and well polished with a leather. Apart from the fact that silver thus treated always presents a bright and well-preserved appearance, there is the further consideration of the silver being kept in good condition without a frequent application of plate powder, which, however fine it may be, ultimately destroys the plated surface.

A baize covering for dining-tables cannot be too strongly recommended, for it enables the table-cloth to lie better, and it is more pleasant to the touch with some soft thick substance beneath it. Sometimes the baize is drawn under the edges of the table by means of a string run through the hem, but it may be stretched more tightly when fastened underneath with small tacks, and this without the least injury to the table. Grey felt is preferred by many, because it is less likely to stain the cloth than a coloured substance, and is also less expensive.

Tablecloths and table-napkins should be of as good a quality as means will afford, alike in design when possible.

Table-linen should be very slightly starched, for, if made too stiff, the corners of the tablecloths instead of falling in natural folds, stand out in an awkward fashion, and the table-napkins are unpleasant to use.

TABLE DECORATIONS.

A good rule is to allow 24 inches for each person's accommodation. Where the table is necessarily a little too large, a little more room does not matter, but on no account give less, for there is no greater misery than to be crowded.

At the present time there is quite a rage for floral decorations for the dinner table. Even at old-fashioned dinner parties, where all the dishes are put upon the table, a good deal of space is devoted to the vases and other receptacles that are used to hold the flowers; but for the dinners that are served *à la Russe*, it is absolutely necessary that the table should have artistic decorations. Fashionable dinner-givers vie with each other in the quality

and arrangement of their flowers as much as the dinners themselves, or the wines served ; and we see new ideas for this purpose chronicled day by day. So varying is the fashion, in fact, of our tables that only a weekly journal could give any idea of the charming blends of colour, the exquisite grouping of foliage and flowers, the beauty of form of the baskets, vases, etc., in which they are arranged ; or the pretty wreaths in which they are tied to lay upon the damask of the dinner tables. One rule, however, might hold good for every decoration, and that is that it should be either high enough or low enough not to impede the view. Another might be that no strongly-scented flowers should be used ; for to many people these are most objectionable. Two fashions in table decoration seem likely to continue in favour : one of these arrangements only in foliage of different kinds ; another of only one colour in the flowers.

MEALS AND MENUS

BREAKFAST

The English breakfast, even when taken at an early hour, is usually a fairly substantial one, and rightly so, for a good meal, if enjoyed and digested gives the support necessary for the morning's work. More variety might be introduced at breakfast without increasing the cost. The sameness of an ordinary English breakfast is too well-known for comment, and it is no unusual thing to hear of people having eggs and bacon *every* morning. No one would think of having the same dish for dinner even *half* the week, and it seems a most extraordinary thing that there are some who can always eat the same food at their first meal. But these contented creatures are in the minority ; and it is of the majority we should think who cannot eat with relish a dish that comes daily to table. Perhaps the chief thing against having many different dishes at breakfast in average houses is, that they involve a certain amount of time and trouble which it is hard to spare early in the day ; so we put up with what can be had with no expenditure of imagination and the least amount of labour. We have no hesitation in saying that there would be a considerable diminution in the cost of breakfasts in small families, if bacon and eggs (not by any means a cheap dish) was only now and then given, and the scraps of meat and vegetables from the dinner or other meals were used to make the many little dishes into which they can be converted. We give some menus for different kinds of breakfasts, ranging from those suitable for a house party to the very simple every-day one of middle-class life. Wedding breakfasts are a thing of the past, but following the menu for luncheons, will be found some for afternoon receptions now so customary after a marriage. Amongst the recipes will be found some few that may fairly be termed breakfast ones, and which we trust may be useful, but it will not be out of place to precede these by a few hints about the breakfast table itself.

THE BREAKFAST TABLE.

In small families, it is usual for the cups, saucers, etc., whether intended for tea or coffee, or both, to occupy only one end of the table, that at which the mistress of the household sits ; the chief dish being then placed opposite the master at the other end. The cups should be neatly arranged with the tea or coffee-pot, milk or cream-jug and sugar in the centre ; while the urn or spirit-kettle, if one be used, should be placed just beyond so as to be handy for replenishing the tea-pot. The dishes of meat or fish should be placed at the opposite end of the table, and the bread, butter, toast, eggs, etc., should be

neatly and evenly arranged in the rest of the available space. In the centre should be some foliage or floral decoration, a fern in a pretty pot can be had for a mere trifle and made to last a long time.

Cold or hot plates must be put before the dishes for which they are intended; but to each person, on the left side, must be placed a small breakfast plate; and a small knife must be given in addition to the large knife and fork. If fish be served, fish-eaters should be placed just in the same way as at dinner, and there should be a sufficiency of carvers and spoons for serving. Small cruets only should be used, and these placed at the corner or corners of the table.

The sideboard, except in a very small family, should be laid for breakfast, and serve to hold spare plates, knives, bread, etc., and where there are many dishes, the larger of the cold ones, such as a ham, a joint of beef, or a pie. It is not at all necessary to have the serviettes elaborately folded, and if used a second time they are simply run through a ring.

The tea and coffee should be well made, just in time but not too soon, so that they are at their best; there should be a good supply of hot water, and the milk for the coffee should be hot. The dishes should be garnished appropriately just as for dinner, and the plates for hot dishes should be really hot. Buttered toast or muffins, if not served in regular toast dishes should be placed, covered, on the top of a basin of hot water; rolls should be hot as they come from the bakers (if not made at home) but crisped and made hot in the oven. Dry toast should not have been made long enough to be found leathery, and should always be served in a rack. Watercresses and fruit make a table look nice, besides being excellent food when partaken of early in the day, and these should be prettily arranged in suitable dishes.

MENUS FOR BREAKFASTS

GUESTS' BREAKFAST FOR 12 PERSONS (SPRING).

Porridge.
Cod Cutlets.
Savoury Omelette.
Cold Chicken, Cold Tongue.
Poached Eggs, Veal and Ham Pie.
Grilled Ham.
Stewed fruit.
Apricot jam.
Tea, coffee, milk, cream.
Bread, milk rolls, toast,
Butter, marmalade.

GUESTS' BREAKFAST FOR 12 PERSONS (SUMMER).

Fried Soles, Galantine of Chicken.
Lamb Cutlets.
Cold Pigeon Pie. Cold Ham.
Grilled Kidneys and Bacon.
Boiled and Scrambled Eggs.
Watercresses.
Strawberries.
Tea, coffee, hot milk, cream.
Bread, rolls, toast, butter,
Marmalade, sardines, etc.

GUESTS' BREAKFAST FOR 12 PERSONS (AUTUMN).

Cereal and Cream.
Fried Whiting.
Grilled Sausages.
Cold Pheasant, Stewed Kidney.
Eggs and Tomatoes.
Cold Ham, Game Pie.
Pressed Beef.
Mulberries, Grapes.
Tea, coffee, milk, hot and cold, cream.
Bread, breakfast cakes, toast, plain and buttered.
Marmalade.
Potted meat.
Butter, preserve.

GUESTS' BREAKFAST FOR 12 PERSONS (WINTER).

Oatmeal Porridge.
Scalloped Oysters.
Devilled Turkey.
Salmi of Game, Galantine of Veal.
Cold Pressed Beef.
Savoury Omelette, Grilled Ham.
Boiled Eggs.

Tea, coffee, hot and cold milk, cream, sugar.

Bread, rolls toast dry and buttered, butter, marmalade, potted meat, etc.

FAMILY BREAKFASTS FOR A WEEK IN SUMMER.

Sunday.—Tea, coffee, hot and cold milk, bread, toast, butter, cold ham, sardine toast, boiled eggs, cresses, any fruits in season.

Monday.—Coffee, tea, hot and cold milk, bread, dry toast, butter, soused herrings, cheese omelette, marmalade.

Tuesday.—Coffee, tea, hot milk, bread, buttered toast, butter, scrambled eggs, cold tongue, strawberry jam, watercress.

Wednesday.—Coffee, tea, milk, bread, toast, butter, hot buttered scones, beef roll, ham and egg toast, any fresh fruit.

Thursday.—Coffee, tea, hot milk, bread, toast, butter, Findon haddock, poached eggs, watercress.

Friday.—Coffee, tea, milk, bread, rolls, butter, kedgeree, boiled eggs, fruit.

Saturday.—Coffee, tea, hot and cold milk, bread, toast, butter, rissoles of any cold meat, sardine toast, tomatoes.

FAMILY BREAKFASTS FOR A WEEK IN WINTER.

Sunday.—Coffee, tea, hot milk, bread, toast, butter, boiled fish (haddock or herring), eggs.

Monday.—Coffee, tea, hot and cold milk, bread, hot rolls, kidney toast, savoury omelette, marmalade.

Tuesday.—Coffee, tea, milk, porridge, bread, toast, butter, mince made from any scraps of cold meat, fried whiting, marmalade.

Wednesday.—Coffee, tea, hot and cold milk, bread, muffins, butter, brawn, grilled bacon, boiled eggs.

Thursday.—Coffee, tea, hot milk, porridge, bread, toast, butter, mutton cutlets and fried potatoes, sardines, marmalade.

Friday.—Coffee, tea, hot and cold milk, bread, toast, butter, baked fresh herrings, grilled kidneys, marmalade.

Saturday.—Cocoa, tea, hot and cold milk, bread, buttered toast, butter, salmi or hash of cold game or poultry, scrambled eggs.

The above bills of fare are simply suggestions for a family of moderate size and income, and it will be seen that in them the remains of previous days' dinners are supposed to be used for the rissoles and other little dishes. It would be easy to take away or add a dish from any of them, but it will be found that there is a fair amount of variety in the dishes chosen.

The following list of breakfasts are for a family of small means:—

ECONOMICAL BREAKFASTS FOR ONE WEEK IN SUMMER.

Sunday.—Tea, milk, dry toast, bread, butter, porridge, brawn.

Monday.—Coffee, hot milk, rolls, bread, butter, poached eggs, watercresses.

Tuesday.—Tea, milk, bread, butter, toast, fried flounders.

Wednesday.—Coffee, hot milk, porridge, buttered toast, rissoles made from cold meat (any scraps left), any fresh fruit.

Thursday.—Coffee, hot milk, bread, butter, breakfast cakes, kedgeree, marmalade.

Friday.—Tea, milk, bread, butter, dry toast, minced meat and mashed potatoes (cold meat cookery), jam.

Saturday.—Coffee, hot milk, porridge, toast, scrambled eggs, fruit.

These breakfasts are very plain ones, suitable for a small family where there are children. For them bread and milk may be added on the mornings when there is no porridge given.

The brawn is supposed to be home made, as also the breakfast cakes.

The rissoles, the mince and the kedgeree would all be made from small scraps of meat or fish. The last-named dish is an excellent one for breakfast, besides being a very economical one.

The following breakfasts are intended for autumn and winter, it being more difficult to plan them out then than in summer, when fish, fruit, and other provisions are more plentiful, and it is no hardship to have a cold breakfast.

ECONOMICAL BREAKFASTS FOR ONE WEEK IN WINTER.

Sunday.—Coffee, hot milk, bread, toast, butter, cold boiled bacon, eggs.

Monday.—Tea, milk, rolls, bread, butter, baked fresh herrings, marmalade.

Tuesday.—Coffee, hot milk, porridge, toast, butter, scrambled eggs.

Wednesday.—Cocoa, hot milk bread, butter, rissoles made from cold meat.

Thursday.—Coffee, hot milk, bread, toast, ham ramakins.

Friday.—Tea, milk, bread, toast, butter, boiled haddock, watercresses.

Saturday.—Tea, milk, bread, butter, kidney toast.

LUNCHEON

The *Old English* word *lunche* was originally applied to a lunch of bread, possibly taken between breakfast and early dinner, but in modern phraseology the term may be used to describe either a "snack" in the forenoon, or any midday meal from a slight repast to the substantial meal that differs from dinner in name only. Consideration in detail of elaborate luncheons beginning with Cantaloup or Hors d'Oeuvres, running through five or six courses, and ending with black coffee, is outside the scope of a work of this description. Speaking generally, the luncheons of middle-class households comprise such dishes as simply dressed fish, a dish of cutlets, or an entrée prepared from the remains of a previous meal, supplemented by cold joints, sweets, fruit, and cheese. Or it may consist of a joint and a simple pudding, supplemented by other sweets remaining from dinner, especially when the household includes children who share the meal. Considerable ingenuity may be exercised in utilizing and arranging cold remains. On the preceding pages it is shown how fish, meat, poultry, and game may be converted into palatable and dainty dishes. Remains of rice and other farinaceous puddings may be made into croquettes, etc., or, if mixed with a little custard or whipped cream, they will form a foundation upon which stewed or tinned fruit may be piled, or they may be served as an accompaniment to the same. A tart dish with a huge gap in it is not very tempting, but it presents an altogether different appearance when the fruit is placed at the bottom of a glass dish, with the pastry cut in sections, and arranged at equal distances on the top of it. The meagre remains of a joint may be sliced and neatly arranged on a dish; and parts of birds, tarts, cream, jellies, etc., are more presentable when cut into portions suitable for serving, and daintily placed on a dish.

The menu of a lunch for a number of persons should be as varied as possible. It should, in view of the very general liking for light dishes in the middle of the day, and the trend in the direction of vegetarianism, include at least, one dish of simply-dressed fish, and one or two farinaceous preparations, and dressed vegetables. Cold game, poultry, or cold meat, may be regarded as indispensable when a substantial meal is required. In other respects, general directions are impossible, such matters being determined by season, individual requirements, and taste, and in small households, by the resources of the kitchen and kitchen staff.

LUNCHEON FOR 12 PERSONS (SUMMER).

Hors d'Oeuvres.
Fried Fillets of Sole. Anchovy Sauce.
Salmon Mayonnaise.
Macaroni and Cream.
Chicken Patties.
Lamb Cutlets and Peas.
Veal and Ham Pie.
Cold Chicken and Tongue.
Pressed Beef.
Cold Asparagus. Salad. Tomatoes.
Fruit Tart and Cream.
Charlotte Russe.
Strawberries and Jelly.
Fruit Salad.

LUNCHEON FOR 16 PERSONS (WINTER).

Hors d'Oeuvres or Clear Soup.
Turbot and Shrimp Sauce.
Fricassée of Eggs.
Chicken in Casserole.
Saddle of Mutton.
Game Pie (cold).
Cold Pheasant.
Galantine of Veal Salad.
Apple Tart and Cream.
Fruit in Jelly.
Caramel Cream.

In arranging a picnic luncheon, a complete list of edibles and articles indispensable to service should be made. Food should be plenteous, as appetites are always to be abnormal at such occasions.

PICNIC LUNCHEON FOR 12 PERSONS.

	Average Cost. s.	d.
Cold salmon (about 3 lb.)	4	6
Mayonnnaise sauce, cucumber (1 large)	1	3
Quarter of lamb, mint sauce	9	0
Chickens (2)	5	0
Tongue	3	6
Salad, dressing	1	3
Fruit tarts (2)	2	0
Custard (1 qt.)	0	10
Jellies or creams (2)	3	0
Strawberries (2 qts.)	2	0
Cream (1 pt.)	1	6
½ lb. of cheese, 5*d.*, ½ lb. of butter, 9*d.*	1	2
2 loaves of bread	0	6
1 lb. of biscuits	0	6
	£1	16 0

PICNIC LUNCHEON FOR 12 PERSONS.

	Average Cost. s.	d.
Sardine, or other fish, sandwiches	2	0
Pigeon pie (1 large)	6	0
Cold beef (6 lb.)	5	0
Horseradish sauce	0	4
Cucumber, 1 (8*d.*), salad and dressing, 1*s.*	1	8
Fruit or jam puffs (18)	1	6
Blancmange (2 moulds)	2	0
Cheese biscuits (1 lb.)	1	0
Strawberries (2 qts.)	2	0
Cherries (2 lb.)	1	0
3 loaves of bread, 9*d.*, ½ lb. of butter, 9*d.*	1	6
	£1	4 0

FAMILY LUNCHEONS FOR A WEEK IN SUMMER.

Monday.—Curried eggs, mutton cutlets and peas, cold chicken, ham, salad.—Gooseberry fool, custard pudding.

Tuesday.—Savoury rice, fricassée of chicken, meat cakes and salad. Compote of cherries and blancmange, swiss roll and custard.

Wednesday.—Cold lamb, mint sauce, fried fillets of whiting, anchovy sauce, kidney omelette. Red currant tart, castle puddings and custard.

Thursday.—Poached eggs on spinach, veal cutlets, asparagus. Caramel cream, fruit salad.

Friday.—Bean croquettes, sole au gratin, galantine of veal and salad. Apple amber, vanilla soufflé.

Saturday.—Fricassée of eggs, chicken cutlets, pressed beef and salad. Chocolate mould, raspberry tartlets. — Salmon mayonnaise, chicken in casserole, cold lamb and salad, veal and ham pie. Gooseberry tart and cream, cold cabinet pudding.

Sunday.—Cold ham, salad.—Cake, preserve, strawberries and cream.—Bread, cheese, butter, biscuits.

FAMILY LUNCHEONS FOR A WEEK IN WINTER.

Monday.—Croquettes of fish, anchovy sauce, curried chicken, cold beef, mashed potatoes. Macaroni pudding, apple dumplings baked.

Tuesday.—Stewed ox tail, galantine of chicken and salad. College puddings, baked apples.

Wednesday. — Macaroni soup, salmi of game, grilled mutton cutlets. Apple tart, caramel cream.

Thursday.—Scalloped fish, steak and kidney pie, cold chicken and salad. Lemon pudding, fruit salad.

Friday.—Curried eggs, fried cod steak, veal cutlets and sauté potatoes. Apple charlotte, semolina pudding.

Saturday. — Cheese omelet, braised mutton, game pie. Chocolate pudding and custard, stewed peas and cream.

Sunday.—Vermicelli soup, compôte of pigeons, cold roast beef and salad, galantine of veal. Baked lemon pudding, fruit in jelly.

FOR WEDDING RECEPTIONS.

SUMMER.

Sandwiches.

Foié gras, cucumber, sardines, chicken and tongue, salmon-paste.

Cakes.

Wedding cake, petits fours, madeira, pound, and several kinds of fancy biscuits and small cakes.

Ices and fruit.

Beverages.

Champagne, claret, sauterne, various cups.

WINTER.

Sandwiches.

Caviare, anchovy, turkey and tongue, ham, egg and anchovy.

Cakes.

Wedding cake, sponge, madeira, macaroons, ratafias, and various biscuits.

Fruit.

Grapes, compôtes of fruit, fruit salad.

Wines.

Champagne, port, sherry.

DINNER

At all but informal meals the service " à la Russe " has almost completely banished the custom of carving at the table; and the modern system has much to recommend it, for a floral decoration, no matter how simple, is preferable to the ornate display of edibles which were a feature of dinner tables until the middle of the nineteenth century. For many years there has been a steadily increasing tendency towards simplicity in table arrangements and table decorations, and to this cause may be traced the simple artistic embellishments that characterize the best culinary efforts of the present age. This simplicity is often costly, but not necessarily so, for charming floral effects, and gratifying gastronomic results depend more on individual discretion and taste than on outlay.

A complete dinner comprises the following eight courses :—

Hors d'oeuvres.	Joint.
Soup.	Game.
Fish.	Sweets.
Entrée.	Savoury.

An abridged dinner seldom includes both joint and game, and it may be further shortened by dispensing with either sweets or savoury and hor d'oeuvres, thus reducing it to a five course dinner.

Hors d'oeuvres. Oysters are undoubtedly the most popular hors d'oeuvres. They are served on the shell, four, or more, being neatly arranged on a small plate with a section of lemon; brown bread and butter should be handed. When the hors d'oeuvre is assorted each variety is placed on a separate dish or plate, the whole being compactly arranged on a tray which is handed round.

Soups. When two soups are served, one should be clear and the other a thick soup, the clear soup being placed first on the menu.

Fish. Considerable care is necessary to avoid repetition of colour and flavour. A dry fish, that is, a fish boiled, grilled or fried, should precede an entrée served *coated* with sauce, and vice versa; and the sauce accompanying the fish must differ in character, flavour and colour, from the preceding soup and the following entrée. A cold fish, such as salmon mayonnaise or lobster salad, would follow the hot fish.

Entrées. When there are two entrées, all such light dishes as creams, quenelles, croquettes, etc., are served before the more substantial entrées of meat, when the two are not handed at the same time. When the entrées are qually light or equally substantial, the more delicate dish would be offered first, and hot entrées are always served before cold ones.

Joints. "The " Remove " usually consists of a joint and two or more vegetables, but a substantial " entrée " with a vegetable garnish, or poultry, or game may be substituted when a shorter and less substantial dinner is desired. The following course may be omitted altogether, or a vegetable *entremet*, such as asparagus, spinach, soufflé, or dressed tomatoes, etc., are served.

Game or Roast. The game, or other birds, served in this course are plainly roasted and served with salad. Vegetable ***entremets***, dressed

salad, and many other dishes, such as foié-gras, prawns, or plovers' eggs in aspic, are substituted for game.

SWEETS. When the menu includes both hot and cold sweets, the hot dish is offered first. All sweets, whether hot or cold, come before iced puddings or ices, which when large, are served in this course. Smaller ices may be served either in this course, or with the dessert. Dessert ices are always small.

SAVOURIES. Savouries should be small and highly seasoned, and when intended to be eaten hot they should be served in that condition, not lukewarm.

Cheese is seldom served at dinner. Dessert follows the savoury, and then coffee before leaving the dining-room: both tea and coffee are taken to the drawing-room.

The following menus may be adapted to any number of persons. In a dinner of many courses a good saddle of mutton will serve from 20 to 30. The number of birds required is an easy calculation. One or two extra portions of entrée and dressed fish should be added to each dish. For any number above eight it is advisable to have two dishes of each entrée and dressed fish, that is one for each side of the table. This ensures better service, and on ordinary dishes about ten portions of many things can be more conveniently arranged than a larger number. For a dinner of, say twelve persons, each side of the table should have a separate service of salad, sauce and other etceteras.

Flowers should be grouped in receptacles suited to the style and growth of the blossoms, and those who do not consider themselves very clever at floral arrangements, will find it is easier to get a pretty and good effect out of one kind of flower, or by using one colour only, than by blending one with another.

For trailing over the cloth only such flowers and foliage as will stand without being in water for some time should be used, and they should be placed so as not to interfere with the diners.

Pretty little rustic fern-stands in which the growing plants can be placed, form very useful decorations, and many vases require but few flowers to make them look well-filled. Roses look best in low bowls with only their own foliage, or placed singly in specimen tubes; orchids should be placed as they would be if they were growing; lilies (except water lilies) should be put in tall vases; in fact, it is the aim of good decorators now to make the flowers appear as natural as possible.

MENUS FOR SPRING.

I.

Spring Soup.
Grilled Trout.
Whitebait.
Fried Sweetbread.
Braised Beef and Spinach.
Roast Chicken and Salad.
Vanilla Soufflé.
Orange Jelly.
Scotch Woodcock.

II.

Croute au Pot.
Fried Smelts.
Fricassée of Chicken.
Forequarter of Lamb.
Ptarmigam and Salad.
Castle Puddings.
Gooseberry Tartlets and Cream.
Herring Roes on Toast.

III.

Asparagus Soup.
Turbot, Dutch Sauce.
Chicken in Casserole.
Saddle of Mutton.
Baked Cauliflower.
Chocolate Pudding.
Charlotte Russe.
Cheese Straws.

MENUS FOR SUMMER.

I.

Vermicelli Soup.
Oyster Soufflé.
Mayonnaise of Salmon.
Salmi of Ducklings.
Roast Lamb and Peas.
Quails in Aspic.
Compôte of Fruit.
Vanilla Cream.
Ices.

II.

Chicken Soup.
Boiled Salmon, Hollandaise Sauce.
Quails in Jelly.
Leg of Lamb.
Chickens and Salad.
Gooseberry Fool.
Fruit Ice.
Sardine Toast.

III.

Julienne Soup.
Fried Fillets of Sole. Tartare Sauce.
Chicken Creams.
Lamb Cutlets and Peas.
Ducklings and Salad.
Strawberries in Jelly.
Ice Pudding.
Grilled Mushrooms.

MENUS FOR AUTUMN.

I.

Clear Ox-tail Soup.
Cod and boiled Sauce.
Chicken Marengo.
Saddle of Mutton.
Pheasants and Salad.
Cabinet Pudding. Chocolate Cream.
Cheese Biscuits.

II.

Celery Soup.
Sole au Gratin.
Lobster Cutlets.
Chaudfroid of Chicken.
Baked Mutton.
Quails and Salad.
Date Pudding.
Bananas in Jelly.
Cheese Straws.

III.

Grilled Turbot. Maître d'Hôtel Sauce.
Braised Sweetbread.
Sirloin of Beef.
Grouse and Salad.
Apple Amber.
Pineapple Cream.
Devilled Sardines.
Hare Soup.
Scalloped Oysters.
Curried Rabbit.
Ribs of Beef.
Potatoes. Brocoli.
Grouse.
Russian Salad.
Apple Tart. Wine Jelly.

MENUS FOR WINTER.

I.

Clear Mock Turtle.
Fillets of Sole. Cream Sauce.
Escalopes of Chicken.
Mutton Cutlets and Peas.
Partridge and Salad.
Vanilla Soufflé.
Fruit in Jelly.
Angels on Horseback.
Caramel Cream Ice.

II.

Clear Mulligatawny.
Brill, Shrimp Sauce.
Scalloped Oysters.
Stewed Pigeons.
Saddle of Mutton.
Woodcock and Salad.
Baked Lemon Pudding.
Chocolate Cream.
Oyster Fritters.

III.

Julienne Soup.
Whiting Soufflé.
Fried Sweetbread.
Braised Fillet of Beef and Spinach.
Roast Chicken and Salad.
Chestnut Pudding.
Charlotte Russe.
Anchovies on Toast.

VEGETARIAN DINNERS.

I.

Lentil Soup.
Cucumber and Eggs.
Macaroni and Cream.
Tomato Salad.
Cold Cabinet Pudding.
Fruit Salad.
Welsh Rarebit.

II.

Vegetable Soup.
Cheese Omelet.
Baked Windsor Beans.
Iced Asparagus.
Apple Amber.
Fruit in Jelly.
Grilled Mushrooms.

III.

Tomato Soup.
Fricassée of Eggs.
Mushroom Pudding.
Stewed Fruit.
Rice Croquettes and Pineapple.
Vanilla Cream.
Cheese Straws.

IV.

Artichoke Soup.
Mushroom Omelet.
Eggs on Spinach.
Macaroni au gratin.
Celery Salad.
Apple Charlotte.
Bananas in Jelly.
Baked Tomatoes.

FAMILY DINNERS (SPRING).

I.

Sunday.—Roast leg of lamb, mint sauce, potatoes, spinach.—Gooseberry tart, custard.

Monday.—Spring soup.—Cold lamb, salad, mashed potatoes.—Baked ground rice pudding.

Tuesday.—Fried soles.—Stewed breast of veal, potatoes.—Currant dumplings.

Wednesday.—Roast chickens, ham, steak pie, potatoes, greens.—Sweet omelette.

Thursday.—Curried chicken.—Roast leg of mutton, greens, potatoes.—Stewed prunes and rice.

Friday.—Fried whiting, melted butter.—Cold mutton, salad, mashed potatoes.—Gooseberry pudding.

Saturday.—Soup.—Haricot of cold mutton, potatoes.—Macaroni cheese.

II.

Sunday.—Julienne.—Roast veal, ham, potatoes, greens.—Amber pudding.

Monday.—Beefsteak and kidney pie, cold veal and ham, potatoes, salad.—Gooseberry tart, custard.

Tuesday.—Salmon, cucumber, Tartare sauce.—Minced veal, potatoes.—Jam tart.

Wednesday.—Vegetable soup.—Leg of lamb, mint sauce, potatoes, greens.—Macaroni cheese.

Thursday.—Mayonnaise of cold salmon.—Fillet of beef with vegetables.—Currant tart.

Friday.—Soup.—Cold lamb, salad, potatoes.—Exeter pudding.

Saturday.—Ribs of beef boned, rolled, and roasted, vegetables, Yorkshire pudding.—Cheese ramakins.

FAMILY DINNERS (SUMMER).

I.

Sunday.—Roast quarter of lamb, peas, potatoes. Cold fruit tart, cream.

Monday.—Soup.—Cold lamb, tomato salad, potatoes.—Plain Charlotte russe.

Tuesday.—Boiled mackerel, cucumber.—Stewed steak with vegetables.—Gooseberry fool, and cornflour shape.

Wednesday.—Spring soup.—Hashed lamb, veal cutlets, peas, potatoes.—Cheese salad.

Thursday.—Roast beef, summer cabbage, potatoes, Yorkshire pudding.—Cold fruit tart.

Friday.—Salmon, caper sauce.—Cold beef, salad, mashed potatoes.—Baked rice pudding.

Saturday.—Fish salad made with cold salmon.—Hashed beef, peas, potatoes.—Stewed fruit.

II.

Sunday.—Roast fillet of veal, bacon, beans, potatoes.—Raspberry and currant tart, custard.

Monday.—Lentil soup—Cold veal and bacon, salad, potatoes.—Gingerbread pudding.

Tuesday.—Rissoles from cold meat.—Roast ducks, peas, potatoes.—Cherry pudding.

Wednesday. — Salmon trout. — Salmi of duck, steak and tomatoes, potatoes.—Marmalade pudding.

Thursday.—Roast leg of mutton, beans, potatoes.—Apple dumplings.

Friday. — Boiled mackerel. — Cold mutton, salad, potatoes.—Fruit tart, cream.

Saturday.—Green pea soup.—Mutton collops, potatoes.—Jam pudding.

FAMILY DINNERS (AUTUMN).

I.

Sunday.—Roast goose, apple sauce, potatoes, cabbage.—Apple tart, baked custard pudding.

Monday.—Giblet soup.—Haricot mutton, potatoes.—Damson pudding.

Tuesday.—Brill and lobster sauce. —Hashed goose, potatoes.—Omelette.

Wednesday.—Fish pie.—Boiled beef, carrots, turnips, potatoes, small suet dumplings.—Cheese and tomatoes.

Thursday.—Pea soup.—Cold beef, salad, mashed potatoes.—Baked arrowroot pudding.

Friday.—Haddocks and egg sauce. —Rabbit pie, potatoes.—Celery salad.

Saturday.—Boiled mutton, caper sauce, turnips, potatoes.—Fruit.

II.

Sunday.—Roast sirloin of beef, horseradish sauce, vegetable marrow, potatoes.—Plum tart, custard.

Monday. — Soup. — Cold beef, beetroot, mashed potatoes.—Pancakes.

Tuesday.—Fried soles.—Stewed beef and tomatoes, potatoes.—Savoury rice.

Wednesday.—Boiled rabbits and pork, onion sauce, potatoes.—Apple pudding.

Thursday.—Roast pork, apple sauce, vegetables.—Golden pudding.

Friday.—Baked fresh haddock. —Cold Pork, potatoes. — Cheese omelette.

Saturday. — Vegetable soup. Loin of mutton boned and stuffed, greens, potatoes.—Sago pudding.

FAMILY DINNERS (WINTER).

I.

Sunday.—Roast turkey, sausages, Brussels sprouts, potatoes. —Lemon pudding, mince pies.

Monday. — Oyster soup. — Beef olives.—Cold turkey, mashed potatoes.—Baked rice pudding.

Tuesday.—Fried soles, anchovy sauce.—Boiled beef, carrots, turnips, potatoes, small suet dumplings.—Celery salad.

Wednesday.—Soup made from liquor from beef and bones of turkey.—Croquettes of turkey, cold beef, salad, fried potatoes.—Plain plum pudding.

Thursday.—Roast mutton, greens, potatoes.—Baked batter pudding with apples.

Friday.—Cod, boiled, shrimp sauce.—Cold beef, baked potatoes, beetroot.—Jam sandwiches.

Saturday.—Mulligatawny soup. —Ragoût of beef, with vegetables, potatoes. — Sago pudding and stewed prunes.

II.

Sunday. — Roast sirloin of beef, Brussels sprouts, potatoes, Yorkshire pudding.—Apple tart, custard.

Monday.—Pea soup.—Cold beef, salad, potatoes.—Baked ground rice pudding.

Tuesday.—Baked fresh herrings. —Stew of remains of cold beef, potatoes.—Treacle pudding.

Wednesday.—Boiled leg of pork, pease pudding, apple sauce, savoy or sprouts, potatoes.—Macaroni cheese.

Thursday.—Vegetable soup made from liquor in which pork was boiled. Cold pork, pickles, mashed potatoes.—Boiled bread pudding.

Friday.—Curried pork from cold pork, fried steak, rice.—Baked apple dumplings.

Saturday.—Irish stew, made from neck of mutton.—Mince pies.—Cheese biscuits.

TEA AND SUPPER

Tea, even when substantial, makes less demand on the resources of the household than breakfast, luncheon, or dinner. Good housewives with the necessary time at their disposal, contrive, even when other means are limited, to have a store of home-made jams, jellies and cakes at their disposal. When more plenteous meals are required, sandwiches, preserved and potted meat offer a wide choice in this direction. Galantines, chaudfroid of chicken, simply dressed fish, and nearly all breakfast and supper dishes are equally suitable for "High Tea."

The sandwiches, cakes, etc., provided for an "At home," tea, should always include an assortment which may be handled without injury to gloves. Strawberries should have the stalks removed so that they may be eaten with a fork.

At supper, food of a light description should be served, and to make these meals enjoyable, the dishes should be as varied as possible. Fish re-dressed in the form of mayonnaises croquettes, or pies, can easily be be made into a good supper dish; the remains of poultry or game hashed make a tempting and savoury one where hot dishes or game are liked, and all kinds of odds and ends can, with a little ingenuity, be utilized to form more appetizing food at supper time than perpetual cold meat. Salad or cucumber should not be wanting at the family meal in summer, when such things are plentiful and cheap, while in winter a few cold potatoes fried make a nice addition, or a well-made potato salad. As with breakfast dishes, those for supper are more a question of trouble and time than cost; but food that we can enjoy instead of food for which we have no relish has such a material difference of effect upon our system. The housewife should have the last meal of the day, as far as lies in her power, suited to the taste of all.

MENUS FOR "HIGH" TEA.

(SUMMER.)

Potted Salmon, Chaudfroid of Chicken, Veal and Ham Pie, Cucumber, Salad, Cakes and Scones. Jam and Jelly, Fresh Fruit, Tea. Coffee.

(WINTER.)

Sole au Gratin, Mutton Cutlets, Stewed Pigeons, Cold Pheasants. Toasted Tea Cakes, Cakes (various), Jam and Jelly, Tea, Coffee.

FAMILY TEAS.

Sunday.—Tea, milk, sugar, bread, cut bread and butter, strawberry jam, cake, sardines.

Monday.—Tea, etc., cut bread and butter, dry toast, hot cakes, fruit of any kind, shrimps.

Tuesday.—Tea, etc., bread, hot toast, marmalade, potted meat, watercress.

Wednesday.—Tea, etc., brown bread, teacakes, stewed fruit, boiled eggs.

Thursday.—Tea, etc., bread and butter, seed cake, any fruit in season, anchovy toast.

Friday.—Tea, etc., bread, dry toast, preserve, radishes, ham and egg toast.

Saturday.—Tea, etc., brown bread, buttered toast, honey, cake, potted fish.

SIMPLE TEAS.

Sunday.—Tea, bread and butter, toast, plain cake.

Monday.—Tea, brown bread, butter, scones, shrimps.

Tuesday.—Coffee, bread, butter, toast, seed cake.

Wednesday.—Tea, bread and butter, honey, watercress.

Thursday.—Tea, bread, toast, butter, potted anchovies.

Friday.—Coffee, brown bread, butter, dry toast, jam, radishes.

Saturday.—Tea, bread, hot cakes, butter, egg toast.

MENUS FOR BUFFET SUPPERS.

(SUMMER.)

Cold Chickens (cut up).
Ham. Tongue.
Galantine of Veal.
Mayonnaise of Salmon.
Chicken Salad.
Sandwiches of Foié Gras.
Anchovy and Cucumber.
Lobster Patties.
Meringues. Trifle.
Jellies. Creams.
Fancy Pastry.
Grapes. Pine.
Ices. Mineral Water. Lemonade.
Claret and Champagne Cup.
Claret. Hock. Sherry.

(WINTER.)

Clear Soup.
Game Pie.
Cold Pheasants.
Boned Turkey.
Tongue.
Lobster Salad.
Sandwiches of Caviare and Ham.
Oyster Patties.
Chaudfroid of Chicken.
Trifle.
Rout Cakes.
Jelly. Blancmange.
Grapes and Pears.
Ices, Mineral Water. Lemonade.
Cups and Wines.

MENUS FOR GUESTS' SUPPERS.

(SUMMER).

Lobsters.
Mayonnaise of Chicken.
Cold Lamb and Salad.
Raspberry Cream.
Fruit Tart.
Custard.
Fruit. Wine.

(WINTER.)

Lobster Cutlets.
Salmi of Game.
Galantine of Turkey.
Ham.
Salad.
Stewed Fruit.
Jelly.
Scotch Woodcock.
Wine.

FAMILY SUPPERS FOR 2 WEEKS.

Sunday.—Cold beef, salad or beetroot, cold fruit tart, rice pudding, cheese, butter, bread, biscuits.

Monday.—Rissoles of cold meat, brawn, pickles, stewed prunes, cheese, etc.

Tuesday.—Baked fresh haddock, cold bacon or ham, cake. cheese, etc.

Wednesday.—Fish pie made from cold fish, any cold meat, salad, cake, cheese, etc.

Thursday.—Poached eggs and spinach, cold ham, bread and butter pudding, cheese, etc.

Friday.—Scalloped fish, brawn, preserve, cheese, etc.

Saturday.—Steak or veal pie, baked potatoes, cakes, cheese, etc.

Sunday.—Cold meat, cucumber, pickles, stewed fruit, cheese, butter, bread, biscuits.

Monday.—Fried sausages and mashed potatoes, cake, cheese, butter, bread, biscuits.

Tuesday.—Cold meat of any kind, salad or tomatoes, apple cake, cheese, butter, bread, biscuits.

Wednesday.—Pie made from cold beef with dripping crust, baked potatoes, cheese, bread, butter, biscuits.

Thursday.—Kedgeree made from any cold fish, cold bread and butter pudding, cheese, butter, bread, biscuits.

Friday.—Cold ham, beetroot, cake, cheese, butter, bread; biscuits.

Saturday.—Scrambled eggs, cold meat, pickles, jam puffs, cheese, butter, bread. biscuits.

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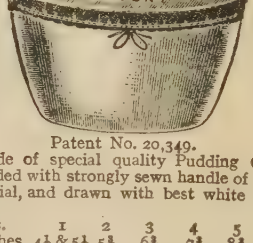

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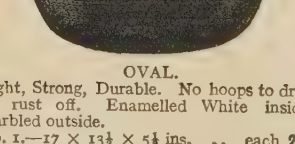

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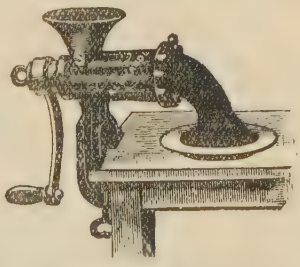

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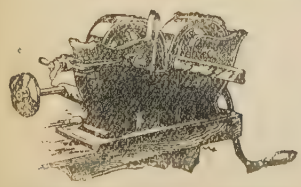

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